







#### ON THE COVER

PHOTO CARSON DOWNING FOOD STYLING KELSEY MOYLAN

> PRODUCER STEPHANIE HUNTER

#### inevery issue

4 EDITOR'S LETTER  $6\,\mathrm{BHG.COM}$ II2 сооквоок 140 STYLEMAKER

#### life

10 the main **EVENT** 

Fun family adventures.

12 crafts

Capture sun prints. 14 decoding

Grab binoculars for day and night hobbies.

16 THROWBACK

#### beauty

 $18\,$ PRO MOVES

Four ways to tame summer frizz.

22 editor's picks Makeup that defies humidity and sweat.

#### life in color

#### 92 modern english

A British transplant re-creates the landscape of his childhood.

#### 98 pure joy

Bold color and personal treasures reflect a designer's rich history.

#### $106\,\mathrm{cold}$ fusion

Turn store-bought ice cream into memorable frozen treats.

#### home

24 COLOR Refresh walls with tranquil teal.

#### 28 decorating

Designing high-style, dog-friendly rooms.

#### 37renovation

Jonathan Scott and Zooey Deschanel's dining nook.

#### 42 holidays

Show your stars and stripes in no-fuss crafts made with everyday items.

#### 58 GARDENS

A little California backyard lives in luscious comfort.

#### 70 ASK BHG

How to clean outdoor furniture and surfaces.

#### 72 i did it!

Decals and paint create a woodland-theme bedroom.

#### food

#### 74 GRILLING

See our five ways to do delicious dinner on a stick.

#### 82breakfast

Fresh produce lightens classic potato hash.

#### 84 FAMILY RECIPES

Butter mochi offers a sweet taste of Hawai'i.

#### better

124 the guide

#### $126\,$ HEALTH

Test your swim skills with our water safety quiz.

#### 130 nutrition

Hydrating fruits and veggies.

#### $132\,\mathtt{PETS}$

A guide to crucial vaccines.

134 LIVE FIT A 20-minute resistance workout.

# 



CHEW IT BEFORE YOU DO IT

#### FDITOR'S I FTTFR



# mementos

While looking over the stories for this summer issue, I thought about the importance of memory in our domestic lives. If you're like me, you—consciously or not imbue your decorating, your cooking, and even your gardening with objects, recipes, and plants you associate with friends and family. Like Easter eggs in a movie (a term for some hidden detail placed in a scene by the director), these pieces may not be meaningful to the casual observer, but it makes me happy to know they're there.

For decades, I've carried certain objects from home to home almost as talismans—a Navajo vase my dad bought on his first trip out of Texas in the 1930s, a ceramic rooster my mom kept on top of the fridge when I was a kid, a tiny brass swan I used to play with

in our family living room (that formal space where no one ever sat except to play the piano). In the garden, I plant varieties that remind me of gardening with my dad. I love the old-fashioned shrubs we had, like bridal wreath (Spiraea × vanhouttei) with its frothy arched branches of white flowers and the single-petaled rose 'Betty Prior'. In the kitchen, I fry okra (actually, now I convection-bake it) thinking of my West Texas grandmother and shell black-eyes thinking of what once was a midsummer chore.

My trip down memory lane started with our feature on the home of Christine Joy Llewellyn Ohemeng (page 98), who filled her house with treasures that remind her of souvenirs her mother brought back from trips to Africa and Asia while working for the United Nations. Alana Kysar writes about her childhood love of butter mochi (page 84), a coconut-custard, sticky rice cake popular in Hawai'i that sounds like stiff competition for my potluck favorite, lemon bars. UK native Barry Jordan designed his Upstate New York property with the romantic looseness of English gardens in mind (page 92).

Memory is a powerful thing—I almost said "emotion," but it's not really that. Memories are a conduit for intense feelings, however sweet or bittersweet. And collecting can go overboard for some people who are unable to part with any objects to which they've attached emotions. As with most things, it's a balance. What memories do we want to keep and cherish? And which ones do we want to leave behind so we can move on? I guess that's the equation of life.

STEPHEN ORR, Editor in Chief instagram @steporr







CLEANSING & FIRMING

**BODY WASH** 

# HEALTHIER-LOOKING SKIN IN JUST 14 DAYS\*

Infused with prestige skin care ingredients Collagen + Vitamin B3 Complex, Olay Body Wash hydrates to transform skin from dry and dull to firm and radiant.

\*vs. no treatment

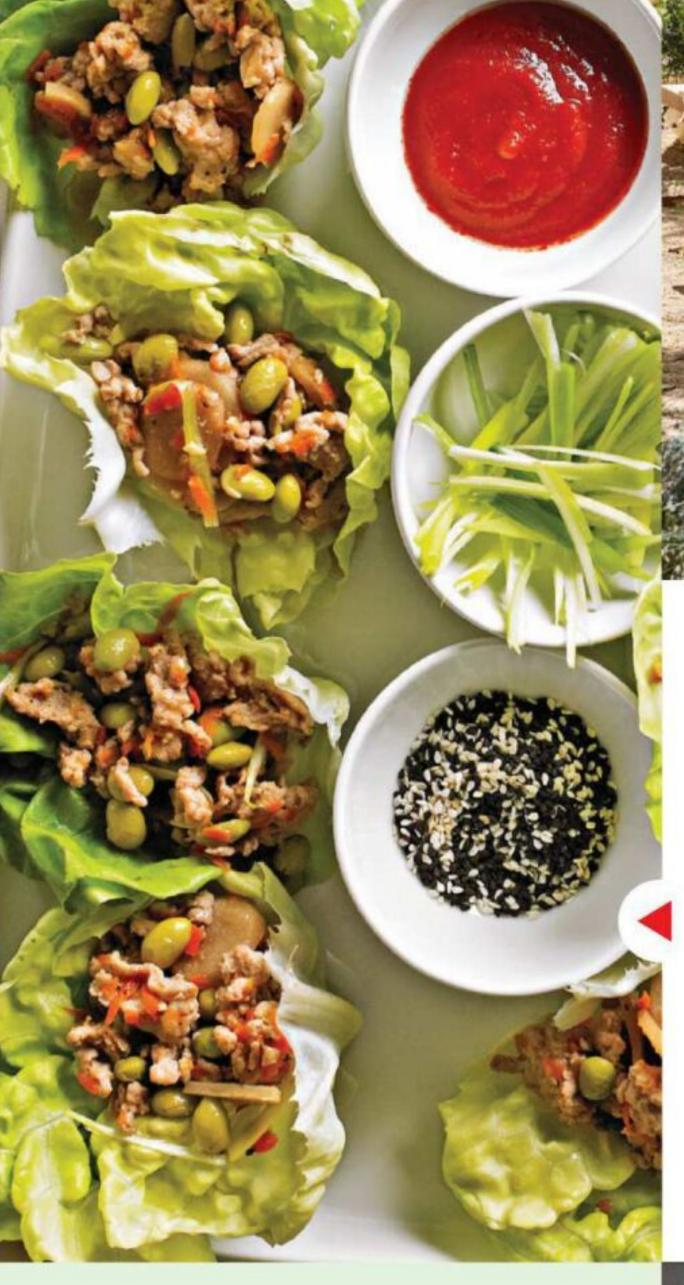
# DIE-COM Inhat's trending online

[SWEEPSTAKES]

# Win prizes every day

Enter our Daily Sweeps at BHG.com/WinDaily for a chance to win each day's new prizes. Items include furniture, tableware, and tech. Details on page 122.





# Simple

Let your slow cooker do the work while you relax outside. See our favorite low-effort recipes like Asian-Style Chicken Lettuce Wraps, left, BBQ, desserts, and more. BHG.com/SlowSummer

# grill like a pro

A grill works best with a deep scrub at least every six months. Get our how-to for cleaning gas and charcoal cooktops.



Hover your phone camera over this code to watch our cleaning tutorial.



#### GO ALL IN ON A SUMMER SOIREE

You can be the hostess with the mostest with a bit of creativity and thoughtful planning. Prep for a stylish outdoor party with DIY invitations and a dip-dyed tablecloth (how-to details in our download). The day of the party, serve dishes family-style around your table or set out a buffet laden with a mix of make-ahead dishes like savory tartlets, easy finger foods, and storebought treats. Fresh flowers and a signature drink or two showcase your unique tastes. Find all our hosting ideas at

BHG.com/ElegantParty.





#### STEPHEN ORR

#### Vice President, Editor in Chief

Creative Director JENNIFER D. MADARA Executive Editor OMA BLAISE FORD Managing Editor GREG KAYKO

#### HOME, GARDEN & STYLE

Home Editor AMY PANOS

Style & Design Director JESSICA THOMAS

West Coast Editor/Gardens MIRANDA CROWELL

Senior Style Editor JENNIFER CONDON

Senior Editors KATY KIICK CONDON, MONIKA BIEGLER EYERS, KIT SELZER

Associate Market Editor LAUREN BENGTSON

Associate Editor MALLORY ABREU

**Editorial Apprentice ELLA FIELD** 

Test Garden Manager SANDRA J. GERDES

#### **FOOD & ENTERTAINING**

Food Editor JAN MILLER

Senior Editors CARRIE BOYD, EMILY TEEL

**Editorial Assistant RENEE IREY** 

Editorial Apprentice SYDNEY NOVAK

#### **LIFESTYLE**

Features Editor DIANA DICKINSON

Health & Features Director AMY BRIGHTFIELD

Beauty & Fashion Director ERICA METZGER

Assistant Editor SAMANTHA BENOIT

#### ART

Design Director STEPHANIE HUNTER

Deputy Art Directors JARRET EINCK, LORI STURDIVANT

Associate Art Director MAGGIE GOLDSMITH

Senior Graphic Designer LIBBY PETERSEN

Photo Editor HOLLY PRUETT

#### **ADMINISTRATION & PRODUCTION**

Copy Chief ANGELA K. RENKOSKI

Senior Copy Editors ERIKA BJORKLUND, MARTHA COLOFF LONG,

MADELAINE JEROUSEK-SMITH

Production Editor CINDY MURPHY

Executive Assistant SUE MILLER

#### **CONTRIBUTING EDITORS**

West Coast Sarah Alba, Jennifer Blaise Kramer, Karen Reinecke,
Johanna Silver, Nan Sterman, Liz Strong Midwest Jennifer Berno DeCleene,
Kelly Ryan Kegans Southwest Lauren Ramirez Northeast Stacy Kunstel,
Karin Lidbeck-Brent, Tovah Martin, Anna Molvik, Charlotte Safavi
Southeast Andrea Caughey, Paige Porter Fischer, Sandra Mohlmann

#### **DIGITAL**

#### MÉLANIE BERLIET

SVP & Group General Manager, Home & Design

General Manager EMILY MANCHESTER
Editorial Director RACHEL WEBER

Senior Editor, Food & Recipes SHEENA CHIHAK, RD

Senior Editor, Home CAITLIN SOLE

Senior Editor LAUREN PHILLIPS

Editor, Holidays & Entertaining SARAH MARTENS

Editor, Garden VIVEKA NEVELN

Visuals Editor CASEY OTO

Associate Editor, Food & Recipes KATLYN MONCADA

Assistant Editor, Home JESSICA BENNETT

Assistant Editor, Holidays & Entertaining EMILY VANSCHMUS
Social Media Editor JENNIFER ALDRICH



#### DAREN MAZZUCCA

Sr. Vice President, Group Publisher

Associate Publisher, Marketing
JODI MARCHISOTTA

#### ADVERTISING SALES NEW YORK

**Account Directors** 

MARY ELLEN SOMMA, DANIELLE FULLICK, DEBORAH MARESCA
Assistants SHARON TAPLIN, NICOLE DEVITA

#### CHICAGO

**Account Directors** 

VICKIE SANDBERG-MCNAY, SARAH WITTOSCH

#### DETROIT

Manager KAREN BARNHART
Assistant KIM KITCHEN

#### LOS ANGELES

**West Coast Director CHERYL SPEISER** 

#### **DIRECT MEDIA**

Sales Director CHRISTINA FARRINGTON
Assistant JILL O'TOOLE

#### **TRAVEL**

National Travel Manager KATY HILDMAN

#### MARKETING

Strategic Marketing Director LAURA FRY
Creative Director LUIS VEGA
Associate Integrated Marketing Director JUSTINE TROCCHIA
Marketing Coordinators

SHANNON MAGEE, DANIELLE SCICHILONE

ALYSIA BORSA
President, Lifestyle



© Copyright Meredith Operations Corporation 2022

Please Recycle This Magazine

For help with your subscription or billing, call 800/374-4244.

Our subscribers list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

For syndication or international licensing requests or reprint or reuse permission, email *meredith.syndication@dotdashmdp.com*.



BETTER HOMES & GARDENS LICENSING PARTNERS









own backyard or on the road, we share some ideas to make the most of summer family time.



NATIONAL ICE CREAM DAY Float your Shirley Temple: Pour grenadine and ginger ale (or kirsch and Prosecco) over a scoop of vanilla ice cream.



#### **Park Perks**

Our in-house National Parks enthusiast, food editor Emily Teel, stocks up on freebie souvenirs (without breaking any "take only pictures" rules!).

Start at the visitors center to grab a free Junior Ranger guide. Complete all the activities and get sworn in as a Junior Ranger by an actual park ranger. In addition to pride, you'll get a badge or patch for your efforts. And don't forget your official park stamp. You can buy a passport or BYO notebook to stamp and record memories with factoids learned, wildlife seen, and trails hiked.

#### SUMMER CLASSICS CHECKLIST

- ☐ Beach day
- ☐ Fruity ice pops
- ☐ Lobster rolls
- ☐ Group bike ride
- □ Sprinkler party
- ☐ Family campout
- ☐ Pizza on the grill
- □ Geocaching



#### NATIONAL RELAXATION DAY

Put this on your to-do list: absolutely nothing! Or try a family meditation sesh. Get started with a mantra like "I will be good to myself and others."



This is a prime time for monarchs to lay eggs. Learn how to help care for them at saveourmonarchs.org. Show kids how to spot eggs, cocoons, and caterpillars.



Caravanning in multiple cars? Use the Wanderlog app to share your itinerary and collaborate in real time so everyone stays in the loop (and no one misses an exit).



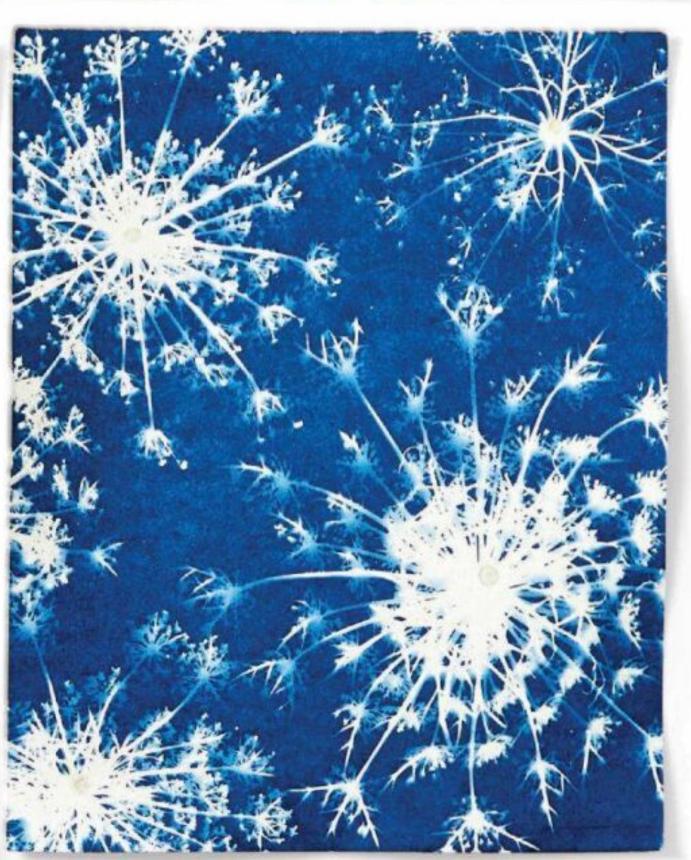


### SUN-SATIONAL PRINTS

Somewhere between science and magic, cyanotypes use the power of the sun to record graphic blue-and-white prints. Grab a kit and use it to memorialize a summer day.









A few suggestions for making keepsake art.



#### SHADE

Prep in a shady spot. As soon as the paper is in the light, it will start to expose.



#### GLASS

Use glass that isn't UV-coated or the cyanotype won't develop.



#### WATER

No water handy? Slip exposed paper back in the kit's light-blocking bag to rinse later.



#### TECHNIQUE

**Experiment with** light angles, exposure times, subjects, and compositions. The process and surprise are part of the fun.

#### GET STARTED

Developed in 1842 by John Herschel, cyanotypes are an early form of photography. They're made by placing objects on light-reactive paper.

#### BUY IT:

- Cyanotype Store 8"×10" Cyanotype Paper, 12 sheets for \$19; bhphotovideo.com Sunprint Refills
- and Kits, \$4-\$20; sunprints.org

#### PICK A **SUBJECT**

Plants, shells, rocks, and pinecones are all good sun-print candidates. Only the shadows cast by objects will appear, so opacity, size, and shape are key. So is timing: If the sun is directly overhead, shadows will be shorter and better

capture the object's true outline.

#### COMPOSE

Place cyanotype paper on a flat surface (like cardboard) and arrange your nature finds on top. If you can, top with a piece of glass or acrylic to flatten your work. The flatter your objects, the crisper the final image. Glass should be larger than paper to prevent unwanted

shadows. Use clips or tape around the edges, above right, to secure your composition.

#### PRINT

Expose the layout to the sun until paper looks bronze, about 3–5 minutes on a sunny day. Develop your print in a tub of water according to kit instructions. Lay flat to dry.



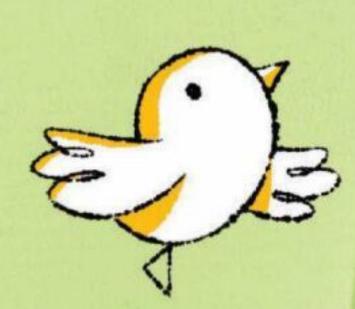






## whata SIGHT!

Day or night, keep your binoculars within reach.
They're the basis for family hobbies that will give
you a whole new perspective on your own backyard.



#### DAYTIME

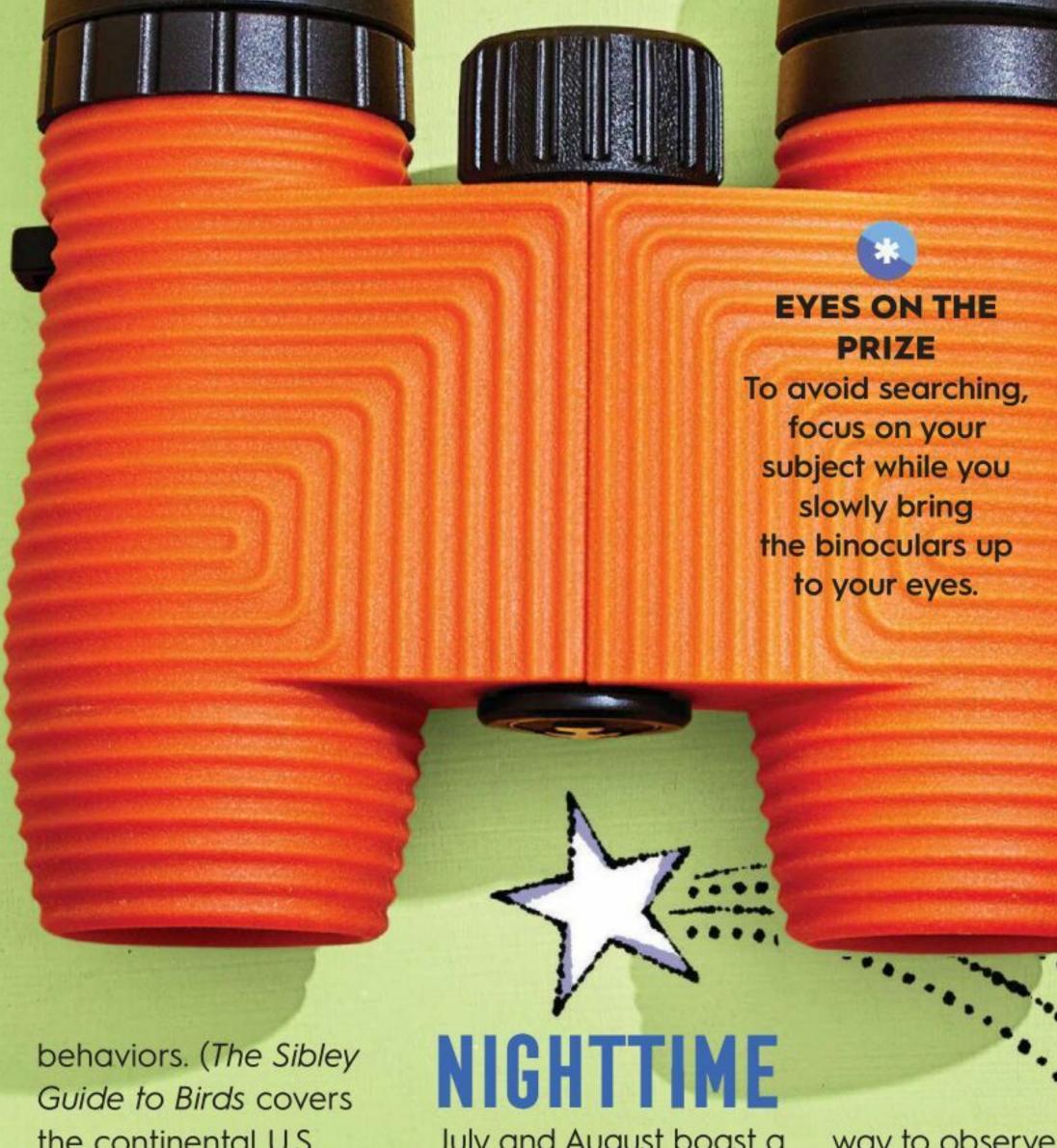
Curious whether
you're staring down
an Eastern bluebird
or a blue jay? Your
yard provides ample
opportunities for
a primer course in
birding. (And FYI—
bluebirds have a rusty
chest; blue jays, gray.)

#### • SETUP

Outfit your yard with bird feeders-ideally placed away from the house so you can slip outside to observe the birds. Minnesota wildlife photographer Lisa Townsend takes it a step further by stocking a special decoy feeding station with peanuts to entice crows and jays away from her songbird feeders. Add a water source too. Birds need to drink up, and a bath gives you another spot for observation.

#### STUDY GUIDE

A field guide can help you identify winged visitors, habitats, and



behaviors. (The Sibley Guide to Birds covers the continental U.S., \$40; sibleyguides .com.) You can also tap into the Merlin Bird ID app's sound function, which listens to bird calls and suggests who's singing. Once you get familiar, use the eBird app to note sightings and seek birds others have spotted and logged.

July and August boast a couple of supermoons (July 13 and August 12) and two meteor showers (July 28–29 and August 11–13). With a little practice, you'll be able to spot constellations like Scorpius in July and Sagittarius in August.

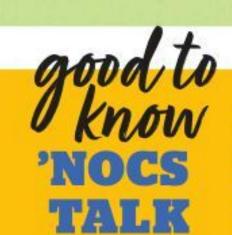
#### • SETUP

Telescopes are nice, but "binoculars are a great and inexpensive way to observe the night sky," says Nancy McGuire, Western Colorado Astronomy Club president. She suggests a 7×50 pair for night viewing (see below). Another essential tool is a red-light flashlight. "White light—from flashlights, phones, or headlights—ruins night

vision. It takes about half an hour for your eyes to become dark adapted," McGuire says. And pack a reclining lawn chair to save your neck; it lets you study the night sky in comfort, and it can be easily toted to extra-dark areas. (Research spots with low light pollution at darksky.org.)

#### • STUDY GUIDE

Orient yourself with Polaris (the North Star at the tip of the Little Dipper handle). Its location over the North Pole means that as the Earth rotates, this star is pretty constant, even as the star patterns change each night. From there, use the Star Walk 2 app for an interactive sky map on your phone. Or pair your new redlight flashlight with a planisphere. "This adjustable 'wheel' shows constellations and deep-sky objects on any given date," McGuire says.



How to pick your pair? Go by the numbers. The first is the strength; the second is the physical size. So for a 7×50 pair, "7" means everything will appear seven times closer; "50" is the diameter (in mm) of the lenses—the bigger the

lens, the brighter the image. **OUR PICK:** Standard Issue Waterproof Binoculars in 10×25 (above), \$95; nocs provisions.com. They're not too strong for birding but bright enough for stargazing—great for concerts too.



#### **FEEDER WARNING**

A flu spread among waterfowl and poultry this spring. Protect songbirds by keeping feeders and baths clean.



All It Takes Is A Shake™





# Great taste. Heart Healthy.

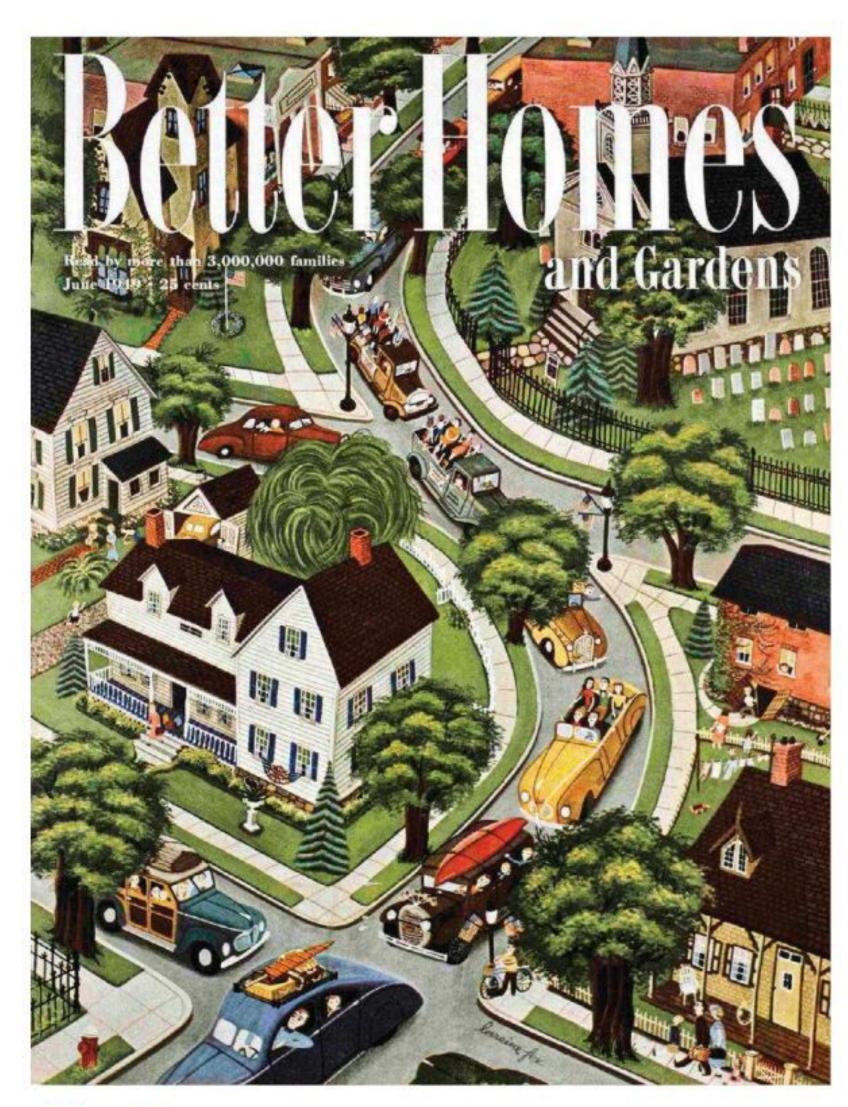






#### THROWBACK

If you're the master of ceremonies for your family's summer adventures, borrow our time-tested tips for manufacturing fun (or at least reducing gripes) at home or on the road.

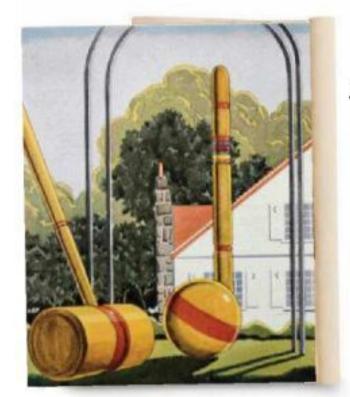


### drive

2005 Cut screen time in favor of your own "entertainment system— each other." Try these out on the road.
1949 Serial Stories: One rider

sketches the characters—heroes and villains. Another sets up the plot. A third involves them in terrible trouble, and the fourth gets them out of it.

1935 Keep kids busy and feeling important. One can hold the purse strings and "an increasingly grimy notebook" to record expenses and track mileage. Make another your navigator with a paper map she can update with "pictures of a bridge, a goat, a flat tire... or whatever impressed her in the day's happenings."



#### [HOME FIELD ADVANTAGE]

"If you crave action, and if you're not immune to the fun germ—lend an ear!"

**BACKSTORY** Our 1939 goal was to pack plenty of action into our

yards—no matter their size. Just 20 square feet? Try **tetherball** played with a tennis ball and rackets (1941). 60'×30' is just right for croquet, or hang an adjustable net so you can play **volleyball**, **badminton**, or **tennis** (1961). But heed our 1974 advice and don't sweat a regulation setup. The point is to gather your team and get outside.



#### FAMILY

"Potlucks are standard for one-day reunions," we said in 1980. But to get people really involved, ask for these nonfood items.

### 1995 A WHITE ELEPHANT GIFT

Charge your funniest aunt with auctioning off wrapped prizes.

Everyone goes home with something, and the money goes toward

#### 1987 A RECIPE

the next reunion.

Then, we suggested having recipe cards mailed in so the host could preprint family cookbooks. Now, we say bring along the recipe card to be scanned and emailed after the reunion.

#### 1970 OLD PHOTOS

"so your descendants will not be faced with boxfuls of unidentifiable family pictures."

A 1977 note on reunion photos: Plan for a nonfamily member to take a group shot. ■



# Nice home. Nice garden. You deserve a nice heart-healthy breakfast.

\*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.



#### PRO MOVES WHEN YOU COMB CURLS If you brush or comb through your curls, the individual hairs Like pool days and heat separate and you get more volume waves, frizz is a natural part and texture. of summer. While it can The less you happen anytime to anyone, disturb the curl frizz is more common in pattern, the warm, humid weather and more defined your for those of us with hair curls will be. that tends to be on the dry side (curly, damaged, or gray, in particular). Why? In summer humidity, "our hair typically swells more because it is seeking moisture from the air around it, which causes frizz," explains Unilever stylist and celebrity hair artist Lacy Redway. The best defense is providing that moisture ahead of time with a summer routine that infuses hydration in every step. Read on. GRAY GONE WILD Gray hair is naturally more coarse, wiry, and prone to dryness, IS YOUR HAIR says celebrity PROCESSED? hairstylist and NatureLab Chemical treatments Tokyo brand like bleaching ambassador or coloring hair can Marty Harper. damage the cuticle and cause frizz, says colorist and trichologist David Adams.

THE ANATOMY OF FRIZZ The outer layer of hair, known as the cuticle, looks something like shingles on a roof. When those "shingles" are lifted (as they are when hair tries to take in moisture), they create the halo of tiny hair fibers we call frizz. When hair is well-hydrated, the cuticle lies flat so hair looks smooth and shiny. That difference explains why curly, gray, or damaged hair is more prone to experiencing it. "These hair types tend to suffer from dryness, which activates the frizz," Redway says.





# Transforms even the driest skin in just one shower.

New Dove body wash with microbiome nutrient serum.









# 4 Ways

#### START IN THE SHOWER

First, choose a smoothing shampoo and a conditioner that deposit moisture. "Having a hydrating barrier between your hair and other elements that could affect it, like weather and heat styling, can minimize unwanted frizz," Redway says. Next, leave some conditioner in the ends of your hair. "This will protect it when detangling and from whatever elements it's going to be exposed to later," says colorist and trichologist David Adams. A liquid conditioner designed to nix frizz and boost shine will also set you up for smoothness.

#### DRY GENTLY

Post-shower, gently blot wet hair with a soft T-shirt or wrap it up in a microfiber towel. Aquis Copper Sure Rapid Dry Hair Wrap (\$35; sephora.com) quickly wicks away water without ruffling the cuticle. A vigorous

to absorb.

towel-dry is the worst thing you can do, Adams says. "Rubbing the hair between two sides of a towel damages the cuticle," he says.

#### ADD A

A leave-in treatment or styler acts like a shield so frizz doesn't form in the first place. The right one depends on your

hair texture or concern. A cream gives curls or waves definition and shape, and a protein treatment can fortify damaged hair. A serum works for both airdrying and blowing out any hair type.

#### EMBRACE A SUMMER

Good news: The braids, ponytails, and buns

that keep hair from sticking to your face and neck also create an illusion of less frizz, Redway says. Another option is to allow your hair to dry heatfree. Apply your leavein products, then allow your hair to air-dry without combing it (unless you're going for a fluffier texture).

Handle your

wet hair with

extra care.

Post-shower,

wrap hair

in a turban or

microfiber

towel and let it

sit 10 minutes

#### HEALTHY HYDRATORS



#### IN THE SHOWER

Nexxus Ultralight Smooth Weightless Frizz Protection Shampoo and Conditioner (\$15 each; target.com). Garnier Fructis Sleek & Shine Glass Hair Water is a 10-second, in-shower rinse that leaves hair smooth and shiny (\$8; target.com).



#### **LEAVE-INS**

NatureLab Tokyo Perfect Texture Curl Cream (\$15; ulta.com). John Frieda Frizz Ease Extra Strength Serum (\$10; walmart .com). Tresemmé Pro Collection Keratin Repair Leave-In Treatment (\$6; target.com).

**STEP 1** It's all about the prep. "That begins with what you work into your hair in the shower," says Lacy Redway, who recommends a moisturizing shampoo and conditioner. **STEP 2** Follow that with a frizz-preventing serum or cream on damp hair. **STEP 3** Redway recommends using the concentrator nozzle on your blow-dryer, which helps dry strands in a single direction to keep the cuticle flat. **STEP 4** Allow each section of hair to fully cool before you touch or style it—heat makes hair malleable; cooling it sets the shape. STEP 5 Finish with an anti-humidity hair spray for extra protection against the elements. "These

all help with making a blowout last during the summer months," she says.



Always Discreet. Incredible protection. Smoother-than-ever fit.





CHARLOTTE
TILBURY
AIRBRUSH
FLAWLESS
SETTING SPRAY

Sets makeup for hours and hours. \$35; charlotte tilbury.com

PHOTO FINISH
CONTROL
MATTIFYING PRIMER

SALICYLIC ACID
SILKSCREEN COMPLEX
UNIFICATEUR DE TEINT
1FL.OZ.LIQ./30 ML @

SMASHBOX
PHOTO FINISH
CONTROL
MATTIFYING
PRIMER
Controls T-zone

Controls T-zone oil. \$39; smash box.com LANCÔME IDÔLE LINER

An ergonomic liquid liner makes eye definition effortless. Plus, no smudging! \$22; lancome -usa.com

LINER

止

ROO

Ш

WAT

ш

SIS

PRE

ULTRA

Deat The

Love hot summer days but not what

Love hot summer days but not what they do to your makeup? These picks are formulated to stand up to humidity and sweat so you can avoid a meltdown.

VINYL INK
LIQUID
LIPCOLOR IN
RED-HOT
This high-shine,
water-resistant
red won't budge.

MAYBELLINE

**NEW YORK** 

\$12; ulta.com



SPACKLE
WATERPROOF
EYE PRIMER +
CONCEALER

Prevents any shadow from creasing. \$23;
laurageller.com



This long-wear makeup is like a temporary tan for face and body. \$25; ulta.com ■

- LAURA GELLER
SPACKLE
WATERPROOF EYE PRIMER

LAURA GELLER

SPACKLE

WATERPROOF EYE PRIMER

BY: ERICA METZGER; STYLING: MAGGIE GOLDSMITH

# Systane

1 drop.
8 hours

dry eye relief.



#### PRESERVATIVE-FREE DRY EYE RELIEF

Fast-acting hydration for sensitive eyes

Tear evaporation protection

Nano-droplets for



Alcon

Systane Substant EYE DROPS

COMPLETE PR

\* vs SYSTANE® BALANCE ©2022 Alcon Inc. US-SYX-VLC-2200014

Scan here for

savings and tips

Make every look count



\$3 OFF

Any ONE (1) SYSTANE® Lubricant Eye Drops (8ml or Larger) EXPIRATION DATE 06/30/2023

**NEW Preservative-Free,** 

ideal for sensitive eyes



MANUFACTURER'S COUPON

Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: ALCON VISION, LLC will reimburse you face value plus 8¢, if submitted in compliance with ALCON VISION, LLC Coupon Redemption Policy, available upon request. Consumer must pay sales tax. Cash value 1/20 cent. Good only in USA. Mail to: Inmar Brand Solutions Dept. 30065, Mfr Rcv Office, 801 UNION PACIFIC BLVD STE 5, LAREDO TX 78045-9475.





DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

- ► Fast itch relief\*
- Clearer skin that lasts\*
- ► Not an immunosuppressant
- ► Not a cream or steroid

\*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.



Individual results may vary.

DUPIXENT (dupilumab) Injection

200mg · 300mg

#### TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

#### INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

#### **IMPORTANT SAFETY INFORMATION**

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to https://mothertobaby. if needed. org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the needed to be hospitalized. Tell your healthcare © 2022 Sanofi and Regeneron medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you The most common side effects in patients are taking oral, topical or inhaled corticosteroid with atopic dermatitis include injection medicines or if you have atopic dermatitis and site reactions, eye and eyelid inflammation, asthma and use an asthma medicine. Do not including redness, swelling, and itching, change or stop your corticosteroid medicine or other asthma medicine without talking to your in your mouth or on your lips. healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### **DUPIXENT** can cause serious side effects, including:

Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or call 1-800-FDA-1088. or get emergency help right away if you get any Before using DUPIXENT, tell your healthcare of the following signs or symptoms: breathing provider about all your medical conditions, problems or wheezing, swelling of the face, lips, including if you: have eye problems; have a mouth, tongue, or throat, fainting, dizziness, parasitic (helminth) infection; are scheduled to feeling lightheaded, fast pulse, fever, hives, receive any vaccinations. You should not receive joint pain, general ill feeling, itching, skin rash, a "live vaccine" right before and during treatment swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

> Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving SANOFI GENZYME > due to their joint symptoms, and in some cases provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

sometimes with blurred vision, and cold sores

HELP

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch,

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. Do not try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children under 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.



Pharmaceuticals, Inc. All Rights Reserved.

DUP.21.12.0068

#### YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.\* CALL 1-844-DUPIXENT (1-844-387-4936)

#### Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) (DU-pix'-ent)

#### injection, for subcutaneous use

#### What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

#### Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

#### What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
  - The DUPIXENT pre-filled pen is only for use in adults and children 12 years of age and older.
  - The DUPIXENT pre-filled syringe is for use in adults and children 6 years of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- If your dose schedule is every other week and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within

7 days, wait until the next scheduled dose to give your DUPIXENT injection.

- If your dose schedule is every 4 weeks and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

#### What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, fast pulse, fever, general ill feeling, swollen lymph nodes, swelling of the face, lips, mouth, tongue, or throat, hives, itching, nausea or vomiting, fainting, dizziness, feeling lightheaded, joint pain, skin rash, or cramps in your stomach-area.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- Joint aches and pain. Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and joint pain (arthralgia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

#### General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

#### What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: December 2021

DUP.21.06.0182

ne cool thing about teal: It always feels serene, whether pale or deep, or even when it's used to make a big splash. "It looks both fresh and timeless," says Bonnie Hindmarsh, cofounder and creative director of Three Birds Renovations, who chose Dulux paint (not sold in the U.S.) in Frontier for this accent wall in her guest cottage, right. Here's how to color your space with this watery hue.

BALANCE IT OUT Ground teal with swaths of crisp white and black, like the chandelier and artwork.

ADD NATURE Rattan, wood, and woven textiles soften this hue with their natural warmth and texture.

GO DEEP Teal can go dark without feeling claustrophobic thanks to its rich undertones, which add depth.

TONE IT DOWN Worried your space will be too bold? Stick to teal that's a bit dusty. "When in doubt, gray it out," says interior designer Ashley Sharpe, who used a muted teal to frame patterned tile, below. ■







# for the dogs Living with pets can be messy, but one interior designer wouldn't consider

living without them. Discover how she creates high-style, dog-friendly rooms.



og people are a special breed. They can't pass up a cute toy at the pet store, they host puppy play dates and parties, and their phones are filled with selfies that include their dogs. Then there's Tyler Karu, whose devotion to dogs has never wavered, even after the family pet bit off her lip when she was 8 and she had to endure plastic surgery. "It was a fairly traumatic experience, but I love dogs nonetheless," she says. "I just gained an appreciation of boundaries."

An interior designer in Maine, Tyler finds her lifelong love aids her when she is planning spaces to share with her dogs. In her previous home (shown here), that task involved choosing furnishings and surfaces to accommodate a pack: Haddock, a Brussels griffon; Winnie Cooper, a Great Dane; and Clyde, a Great Dane and Saint Bernard mix. She shares her best function-withstyle tricks.

■ DOUBLE-DUTY BENCH Tyler Karu designed a mudroom bench with holes for dog bowls. It's 16 inches high—good for humans putting on shoes. Bench supports hide shoes and baskets of dog gear. DURABLE RUGS When you have dogs, "you actually can invest in nice rugs," Tyler says. She suggests one with a pattern and a low, tightly woven pile and has found that wool options, like Persian rugs and antique kilims, are a good choice when it comes to removing stains.



# FEELS LIKE A CHANGE OF SCENERY

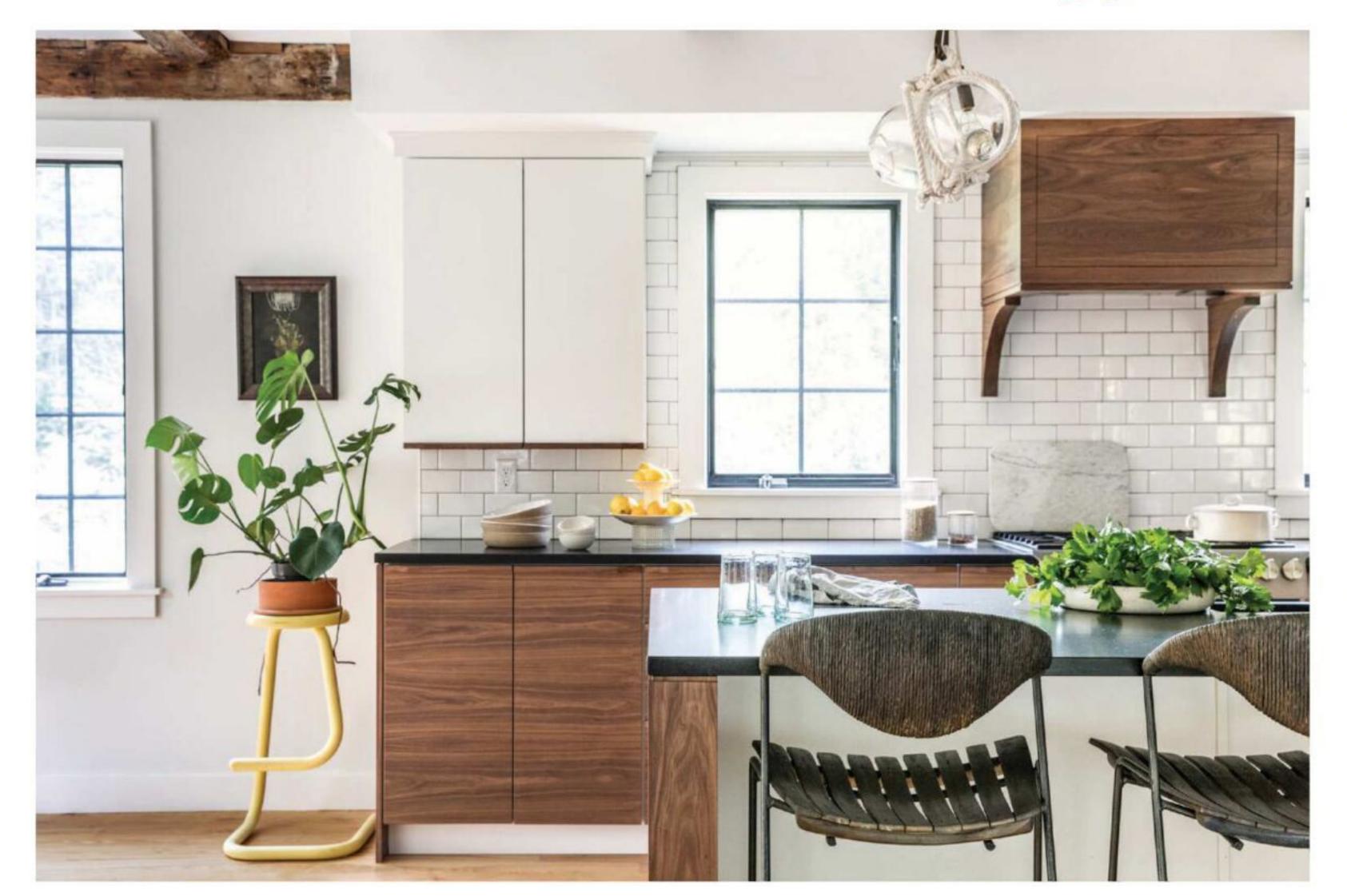
From statement furniture pieces to plush poufs and colorful accents, The Home Depot® has family-friendly styles at everyday low prices to upgrade your space. Shop today at **homedepot.com/decor** to get free and flexible delivery\* with easy returns.







66 The dark-colored, durable wool rug in the living room hides all dog-related sins. 9 TYLER KARU



#### FLEXIBLE ARRANGEMENT

An easy-to-move swivel chair replaces the dog bed in the living room when guests come over.

#### FORGIVING FABRIC

For the seating where the dogs are most likely to lounge (whether they should or not), Tyler recommends Crypton, a durable, easy-clean upholstery fabric. She chose a midtone neutral to keep light and dark dog hairs from being too noticeable.

#### SURFACE DISGUISE

"Great Danes are drool machines," Tyler says. She's found that a walnut finish hides slobber residue on kitchen cabinets between frequent wipe-downs.



### Discover the Power of Bio-Oil

Dermatologist recommended & clinically proven to help reduce the appearance of scars, stretch marks, and so much more.

#LoveYourMarks





**HARDWOOD FLOORING** Tyler liked the existing ash floors, which she vacuumed daily, for their character and ability to hide scratches. "They had a little bit of patina and wear and a lot of visible grain," she says. **PLANT STANDS** She keeps plants off the floor and out of the traffic flow. "If the plants are up high, the dogs won't really approach them," she says.

#### [DOGS SHE'S LOVED]

#### PAW PRINTS

Here's how Tyler describes the "clients" she's kept happy at home.



#### **PERSONALITY**

Loyal and loving but definitely in charge.

#### **KNOWN FOR**

Racing to the kitchen for carrots and claiming the top of the back sofa cushions.



#### **PERSONALITY**

Sweet and playful.

#### **KNOWN FOR**

Occasionally destroying something and once consuming an entire slipper.



#### **PERSONALITY**

Confident, wise, and alert—a very chill boy.

#### **KNOWN FOR**

dining chairs to

attract dog hair.

Greeting you with a pillow in his mouth, wearing sunglasses, weighing 130 pounds.



THE ONLY ONE WITH OUR

SHAPEWEAR FABRIC FOR

# COMFORT & PROTECTION, GUARANTEED

**LEADING VALUE** 

**BRAND** 

Silhonette



Stay up to 100% leak-free in our softest, smoothest underwear.

Get a sample at Depend.com



THE ONLY THING **STRONGER** THAN US, IS **YOU**.™

<sup>®</sup>/™ Trademarks of Kimberly-Clark Worldwide, Inc. or its affiliates. © KCWW



LOVE them like family. TREAT them like family.™



# Our Promise to Blue Is Our Promise to You



# GET ALMOST 30 MINUTES MORE RESTFUL SLEEP PER NIGHT\*

Because every great day starts the night before. The 360<sup>®</sup> smart bed senses your movement and automatically adjusts, to help keep you both comfortable all night. It's temperature balancing so you stay cool.<sup>†</sup> And it's so smart, it knows exactly how long, how well and when you slept.

We take care of the science, all you have to do is sleep.





REQUEST SPECIAL OFFERS | 1-877-808-7717 | sleepnumber.com/bhg

\*Based on average SleepIQ® data from 8/1/21 - 2/28/22 of sleepers who engaged with their Sleep Number® setting, SleepIQ® data and FlexFit™ smart adjustable base received up to 170 hours more restful sleep per year. †Available on select models. ‡Limited warranty available at sleepnumber.com. §Restrictions and exclusions apply. Does not apply to adjustable bases, upholstered furniture, closeout/clearance or demo/floor model purchases or mattresses already exchanged under another In-Home Trial period. You pay return shipping. Refunds will be made to the original method of payment less original shipping/delivery fees. Visit sleepnumber.com for complete details. SLEEP NUMBER, SLEEPIQ, SLEEP NUMBER 360, the Double Arrow Design, and SELECT COMFORT are registered trademarks of Sleep Number Corporation. ©2022 Sleep Number Corporation



# diningin

**Jonathan Scott** and **Zooey Deschanel** reveal the just-completed renovation of their breakfast room—part design focal point and part day-to-day workhorse.

LAYOUT When they began work on their 1938 California home, Property Brothers star Jonathan Scott and actress and musician Zooey Deschanel knew this small room, right, would get an outsize amount of attention. The couple use it for daily meals (and their extremely competitive game nights), but it's also their family's everyday access point to the outside. The door on one end of the room leads to the parking area; on the other end is a door leading to the solarium, below right. The oval dining table was designed to snuggle up to the curved banquette, providing plenty of seating and allowing traffic to flow through the space.

STYLE GUIDE

"We're not modern, clean-lined people,"
Jonathan says.
"We love history, and we wanted every space to feel authentic and a little eclectic."
This room strikes a balance between their playful style and the home's architecture with the curved bank of new-to-look-old windows (painted

black to reference
historical leaded
glass) and a bubbly
citrus pattern on
the Clementine Sprigs
wallpaper and chairs
(spoonflower.com).
The green in both
the pattern and the
bench's Crypton
Mambo Mint fabric
was chosen to
connect to the
adjoining kitchen's
deep green cabinets.

Stymied by supply chain issues, Zooey remembered she had stored this Venetian glass chandelier. "I've been collecting vintage treasures for a long time," she says, "and this is one of my favorite things, so I loved the idea of putting it in a space where we could admire it every day."



See Jonathan and Zooey's home in Reveal's Summer issue on newsstands June 24 or at magazines .com/Reveal Summer.









AARP®





Santa Works All Year Long...

AND SO DO WE!

Join Heifer International's monthly giving program and bring Christmas magic to children this summer - and all year long. When a family receives a goat, a cow or chickens from Heifer, their children wake up excited every morning knowing there will be food on the table and that they have the freedom to just be kids. After seeing the transformational change your monthly gifts bring, you'll see why Santa is in the gift business.

> Join today and your entire first year will be matched doubling your impact. Plus, we'll send you a special ornament and honor cards in time for Christmas.



**GIVE MONTHLY AT** HEIFER.ORG/BETTERHOMES.



















# High blood pressure # minor joint pain\*?

Pain relievers may affect blood pressure. TYLENOL® is the #1 doctor recommended pain relief brand for those with high blood pressure.

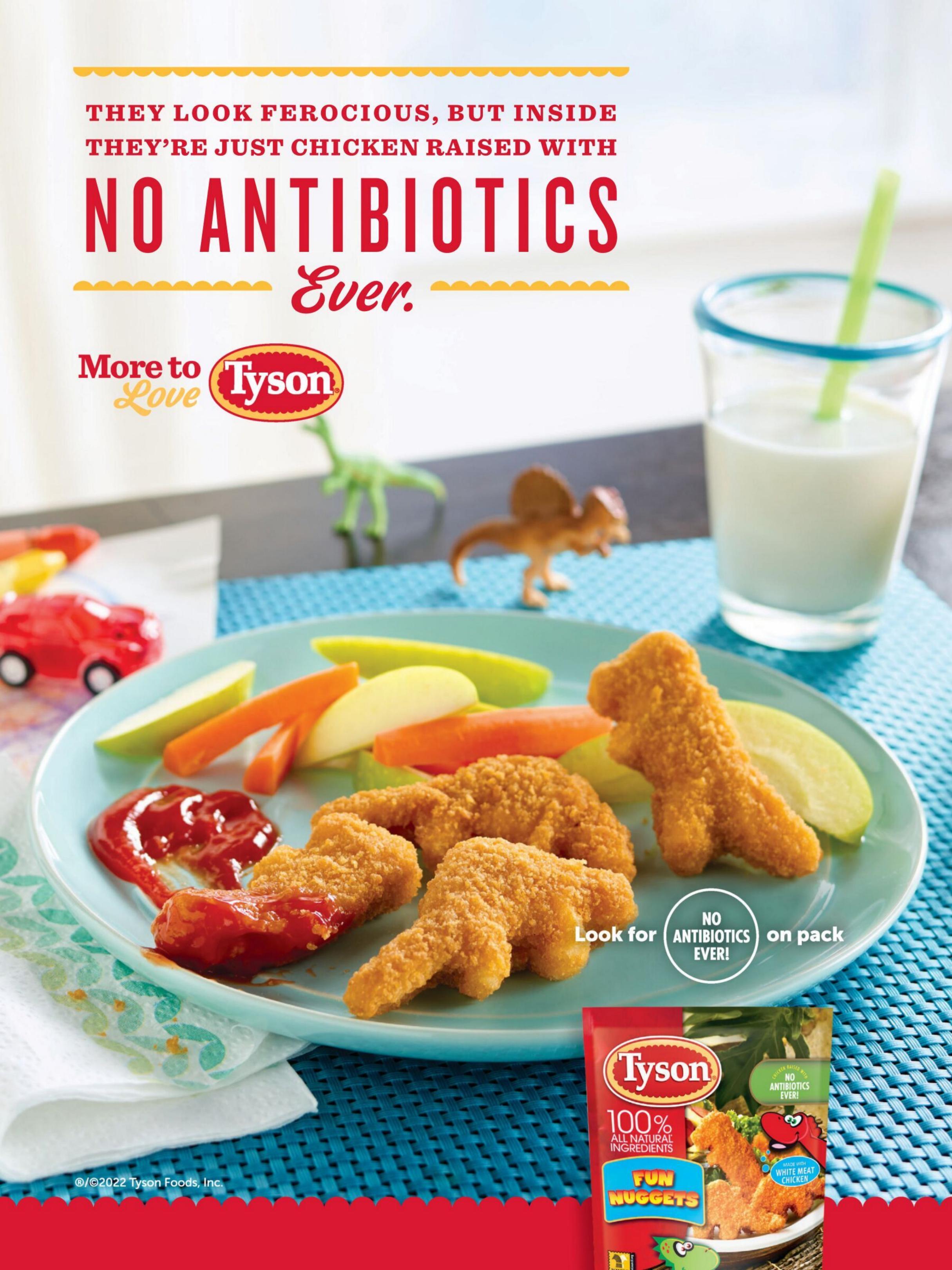
If you have questions on whether TYLENOL® is right for you, talk to your doctor.



\*TYLENOL® is indicated for the temporary relief of minor pain of arthritis. Do not use for more than 10 days unless directed by a doctor.













# "Their future good health starts today."



PURINA PUPPY AND KILLEN FOOD IS formulated to meet your pet's needs now, and set the stage for a lifetime of good health. Because we care about what you care about—nutrition that helps our pets thrive today and tomorrow.













Purina trademarks are owned by Société des Produits Nestlé S.A.





How can a rechargeable hearing aid that costs only \$14999 be every bit as good as one that sells for \$2,400 or more?

The answer: Although tremendous strides have been made in Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

The MDHearingAid® VOLT uses the same kind of technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 600,000 satisfied MDHearingAid customers agree: High-quality, digital, FDA-registered rechargeable hearing aids don't have to cost a fortune. The fact is, you don't need to spend thousands for a hearing aid. MDHearingAid is a medical-

grade, digital, rechargeable hearing aid **NEVER** offering sophistication and high performance; and works right out of the box with no time-consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently online or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know... why pay more?

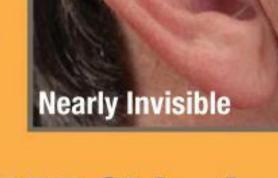


Carrying case is also the charger

# 45-DAY RISK-FREE TRIAL!

If you are not completely satisfied with your MDHearingAids, return them within 45 days for a FULL REFUND! For the Lowest Price Call

1-800-811-5998 www.MDVolt.com



**Use Code SR33 and get FREE Shipping** 









# OAD STRIPES & BRIGHT STARS

With ordinary materials in American flag colors, your party scheme will take off. No need to limit yourself to store-bought July 4th fare.



# napkin banner

(page 50)

# **Materials**

Paper napkins (any size) Narrow cord

## FOLD NAPKINS

Fold napkins in half to form triangles.

## 2 PREPARE CORD

Cut cord to desired length, leaving enough extra at ends for tying or taping. Arrange folded napkins next to cord to determine desired pattern.

### **3** SECURE NAPKINS

Unfold napkins. Place several pieces of double-stick tape on napkin across crease. Lay cord on tape along crease. Fold napkins over cord and press to secure.

(page 48)

# **Materials**

- Tinsel strands from holiday picks • 8-inch treat sticks • Paper coffee cups with lids ■ Hot-glue gun ■ Foil cupcake liners • Star template (smart code, opposite) Silver glitter paper • Cone template (smart code, opposite)
- Patterned paper
- Quick-setting gel glue



### MAKE BODY

Tape 10-12 tinsel strands to top of treat stick. Make hole in center of paper cup bottom with a pencil; apply hot glue to taped end of treat stick and slide through hole about ½ inch. Let set, then apply hot glue around base of stick inside cup to reinforce (glue will puddle). Set aside until dry. Fill with trinkets; put lid on cup.



# 2 MAKE ROSETTE

Lightly trace star template on back of glitter paper; cut out. To size cupcake liner to fit star, flatten liner foil side down; pinch, twist, and flatten center. (If desired, use pinking shears on liner edge.) Apply hot glue to star and affix to foil side of liner. Let dry and glue rosette to rocket body.



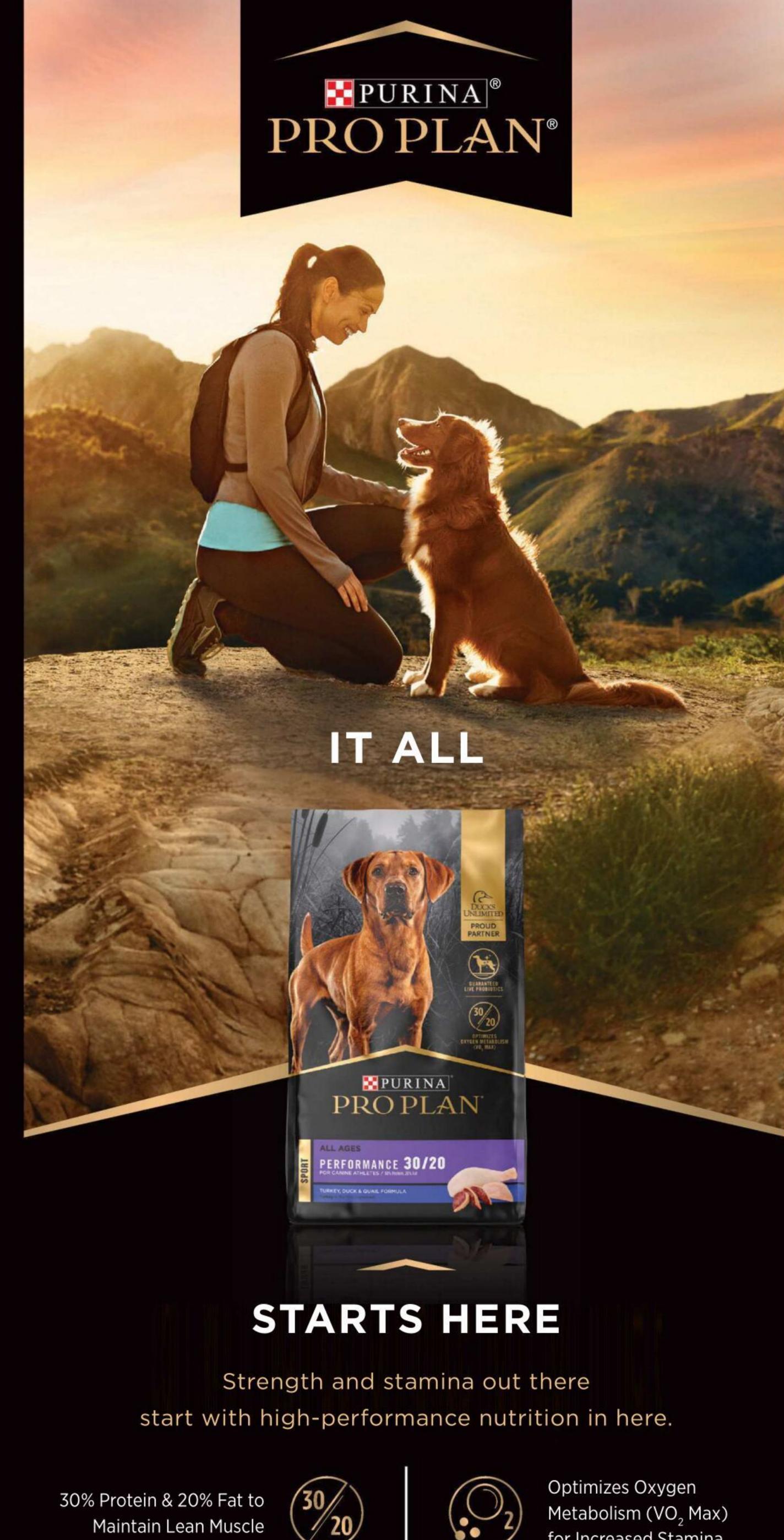
### **3 MAKE CONE TOP**

Lightly trace cone template on back of patterned paper; cut out. Apply gel glue along one straight edge; overlap other edge to create cone shape. Hold until glue is set. Apply gel glue around edge of cup lid; place cone on top, pushing down gently until secure. Let dry. ■



### **TEMPLATES**

For stars and cone top, hover your phone camera over this smart code.







for Increased Stamina

ProPlanSport.com

Purina trademarks are owned by Société des Produits Nestlé S.A.



Your Pet, Our Passion.



# confort zones

A spot to warm up by the fire. A space to entertain. A reading nook.

This lush little backyard is every bit as livable as the indoors.



# THE GOAL

For years Suzanne Felson and Kevin Swanson didn't give their Los Angeles backyard much love. But after finishing up an indoor renovation, they finally had the time and budget to address the overgrown hedges and perpetually struggling grass. They turned to landscape designer Kathleen Ferguson to transform the yard into a series of outdoor rooms.

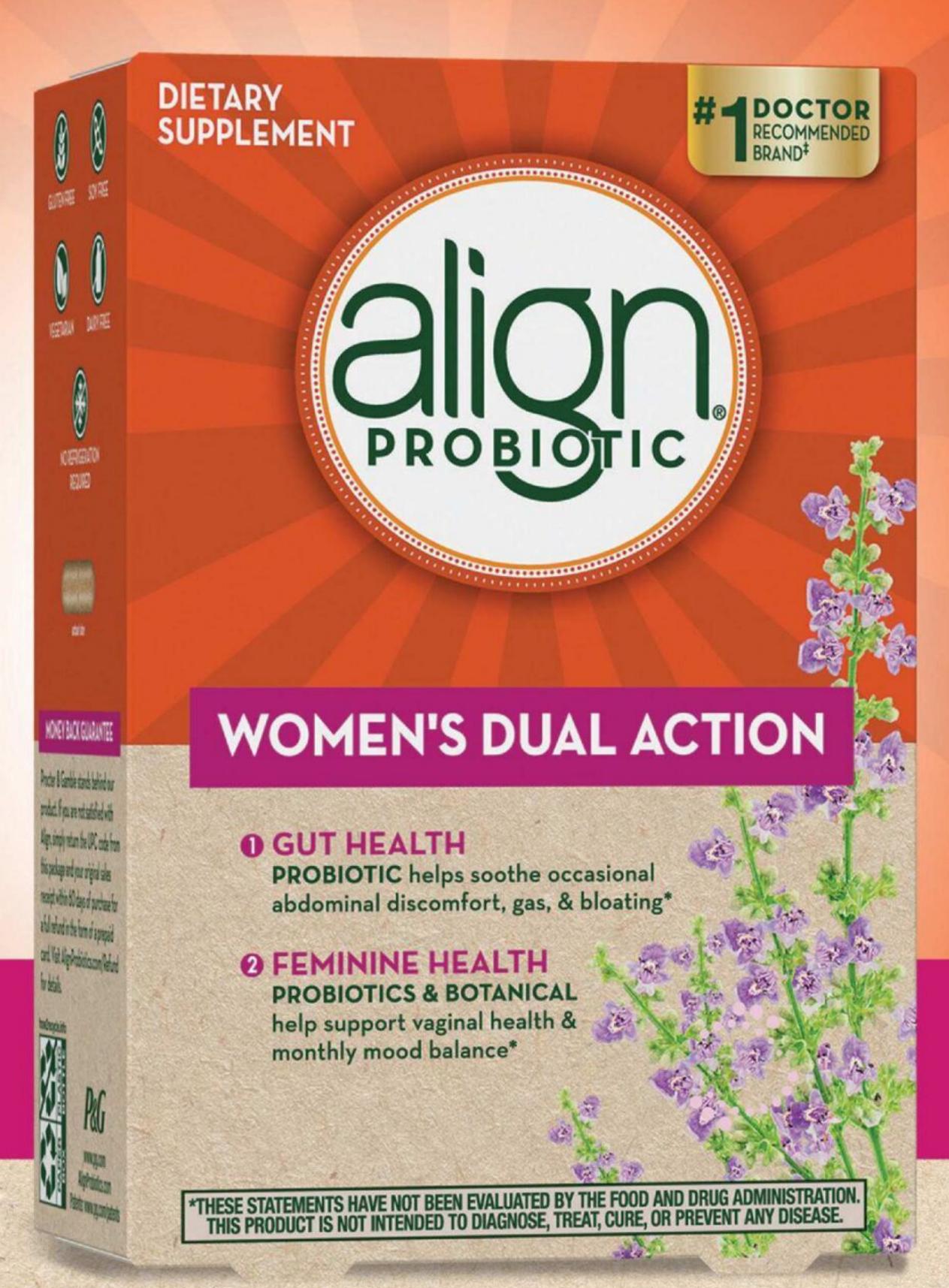
# THE LOOK

Ferguson leaned heavily on hardscaping to create distinct seating areas. But she wanted the garden to feel enveloped in green. "It's always a creative tug of war between the hardscape and softscape until you find that Goldilocks moment," she says.

# THE UPKEEP

The garden is both low-maintenance and eco-friendly. Ferguson encourages the couple to skip the leaf blower and instead rake fallen leaves off paths and into beds, where they feed the soil as they decompose. The result is less pollution, noise, and fertilizer. The couple also deadhead plants lightly, saving every last drop of nectar for pollinators.

# GUT HEALTH\* FEMININE HEALTH\*



FROM THE #1 DOCTOR
RECOMMENDED
PROBIOTIC BRAND\*

A UNIQUE WOMEN'S BLEND of probiotics to help relieve occasional bloating, gas, and abdominal discomfort\* plus support vaginal health.\*

With chaste tree, a botanical to help promote monthly mood balance.\*

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.





# FRESH FILES

FRESH PRODUCTS & PROMOTIONS TO LIVE A MORE COLORFUL LIFE



We're celebrating our anniversary by giving you 100 reasons to shop for your home.

This month, enter for a chance to win a collection of award-winning products from our 2nd Annual Cleaning Awards, to help your home feel refreshed this fall.

Scan the smart code to enter.



Check back each month
for more chances
to celebrate and WIN!

NO PURCHASE NECESSARY. Subject to Official Rules at bhgpromo.com/anniversarysweeps. The BHG 100th Anniversary Sweepstakes begins at 12:01 AM EST on 6/24/22 and ends at 11:59 PM EST on 8/31/22. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. Void where prohibited.

Sponsor: Dotdash Meredith.



HOVER YOUR PHONE CAMERA OVER THE CODE TO GET MORE INFORMATION ON OUR EVENTS, PROMOTIONS, AND OFFERS OR LOG ON TO BHGPROMO.COM



# 661 like to surround spaces in foliage,



# THE RIGHTSTUFF

Kathleen Ferguson is a pro at mixing and matching hardscaping materials. Here's a window into her approach.

- RIFF ON ARCHITECTURE The house is a natural starting point for choosing hardscaping. To make a patio feel like an extension of the building, consider what materials will complement it.
- BLEND WITH THE LANDSCAPE To integrate
  paths and seating areas into the garden,
  choose materials with organic shapes, including irregular
  flagstone, pebbles, or decomposed granite.
- BALANCE YOUR BUDGET Not every space needs to make a statement. Balance the look—and your budget—by using affordable materials like pea gravel or concrete pavers and choosing one spot to spend more on something with extra personality (like the dining area's tiles).



# allowing plants to spill over and soften the edges. 99 KATHLEEN FERGUSON, designer







1 A rectangular swath of custom-made, diamond-shape terra-cotta tiles helps make the dining area feel like the yard's main event. 2 The olive tree's silvery hue stands out against the darker green of the inherited eugenia hedge, left in place to provide privacy screening. 3 Repeating the use of mint green and red furniture ties the various garden spaces together. 4 Kurapia, a drought-tolerant groundcover, creeps between stones along a path. ■

July/August 2022 | BHG 63



# Better Homes & Gardens.



SCAN TO SHOP

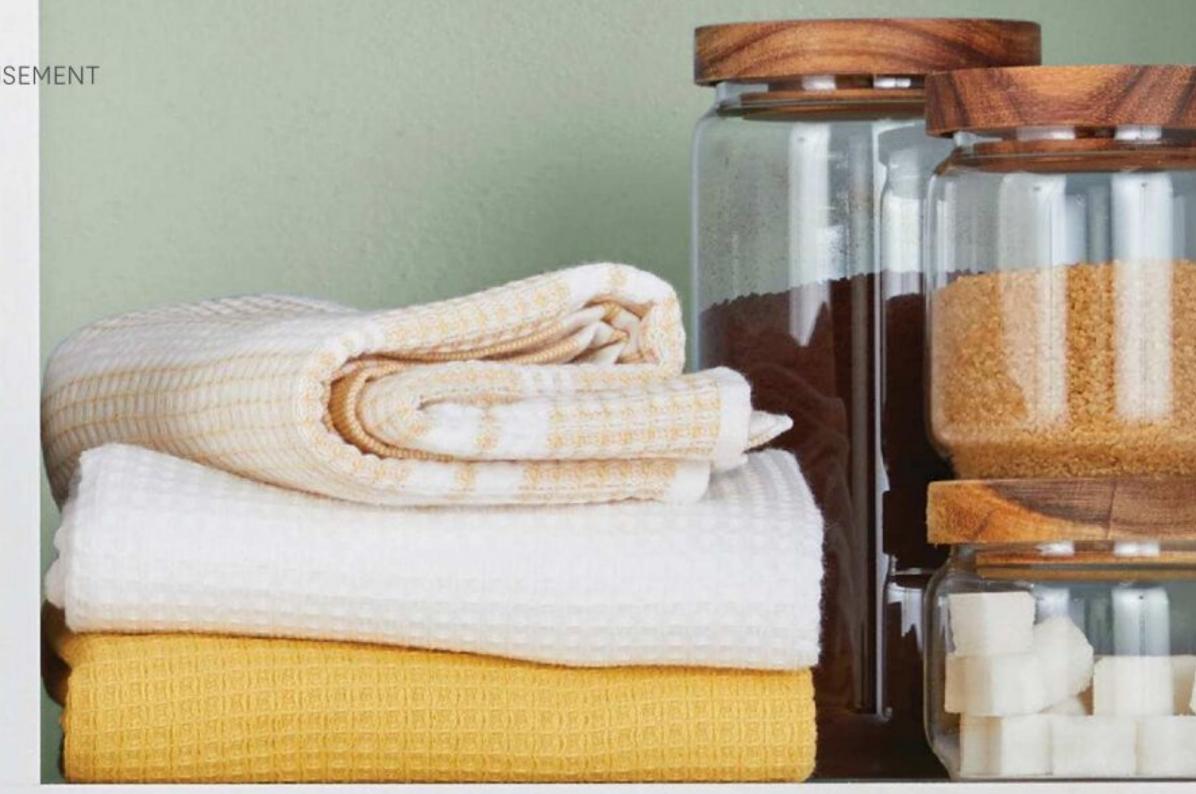


45" 2 Yard Pre-Cut Fabric, Assorted Patterns from \$10.97 each Beadboard Paintable Wallpaper \$34.97 per 18" x 18.86' roll 1-Gallon River Rock Interior Satin Paint \$25.94 Online only Black J-Hook \$6.84 each Large Wicker Basket \$21.86 Modern Farmhouse 3-Tier Shoe Rack \$43.96

Selections and prices may vary by store and online.















Better Homes & Gardens. Flip-Tite Container Sets from \$14.88 each
Silicone Snack and Sandwich Bags from \$6.97 each
Textured White 6-Cube Storage Organizer \$79.00 Online only
2-Piece Stacking Bins \$19.98
Large Pendant Light with Black Shade \$49.00 each Online only
28" x 84" Persian Medallion Runner \$48.98

Selections and prices may vary by store and online.



Clear containers and add-ons provide easy access kitchen storage.







# Warm Gray Merida Floral Peel & Stick Wallpaper

\$34.97 per 18" x 18.86' roll Online only

Large Wicker Basket \$19.96 2-Piece Small Wicker Basket Set \$19.96 Charleston Closet Bin \$8.78 each Satin Nickel Hook Rail \$28.47 5-Pack Solid Wood Hangers \$5.33

Selections and prices may vary by store and online.



Stylish closet solutions combine display and function.









We asked Marcela Barraza, founder of MB Green Cleaning and host of Clean Casa channel on YouTube, for best practices.

**ALUMINUM** The key is to use a soft cloth so you don't scratch the surfaces. Cut corrosion with a mix of equal parts water and vinegar. Wipe, rinse with soap and water, and let dry. Maintenance tip:

Apply a coat of car wax to aluminum after cleaning.

# PLASTIC

All you need is soap and water. (If the pieces have mold, add distilled white vinegar to your solution.) Wipe with a microfiber cloth or a soft brush to get into weaves and crevices. Rinse and wipe with a dry cloth. All-around hero:

Charlie's Professional All-Purpose Cleaner. It's a biodegradable concentrate that can handle tough stains.

WOOD

For sealed wood, use a wood cleaner like Murphy Oil Soap.

For stains on unsealed wood, clean with a mix of equal parts water and vinegar.

# CUSHIONS

Zip off covers and treat stains with dish soap and water. Rinse and launder in cold water. Always hang to dry. If the covers don't have zippers, focus on spot-cleaning stains with dish soap and water. Press hard to remove as much water as you can and put them on their sides, with seams down, to dry.

SURFACE HINTS

# PATIOS & DECKS



### CONCRETE

A pressure washer could be your best friend for this surface, which can handle 3,000-4,000 PSI. That amount of water force makes short work of dirt and stains.



## STONE PAVERS

Skip the pressure washer—it can disturb the sand between stones. Use a coarse stable broom and scrub with soap and water.



# WOOD & COMPOSITE **DECKS**

Sweep and hose down the deck, taking care to dislodge debris between boards. Clean with soap and water or hit tough algae and mildew with a nonbleach cleaner (bleach can lighten wood unevenly). Keep the pressure washer dialed below 1,200 PSI. ■



# **BUYING GUIDE**

Hover your phone camera over this code for our pressurewasher picks.

Vienna, VA



UNDENIABLE ODOR CONTROL. AMAZING ABSORPTION. SUPERB SCOOPING.

AMERICA'S#1LITTER\*

\*BASED ON SALES





# i did it. A savvy student of

interior design puts her DIY skills to work in a woodland-theme mural she created for her young daughters' bedroom.



PAINT Inspired by her neighborhood's quaint cottages and the nearby woods, Alexandra Diamvutu created a storybook setting in her kids' bedroom. She used FrogTape to outline houses that frame each bed, then painted the walls sage green.

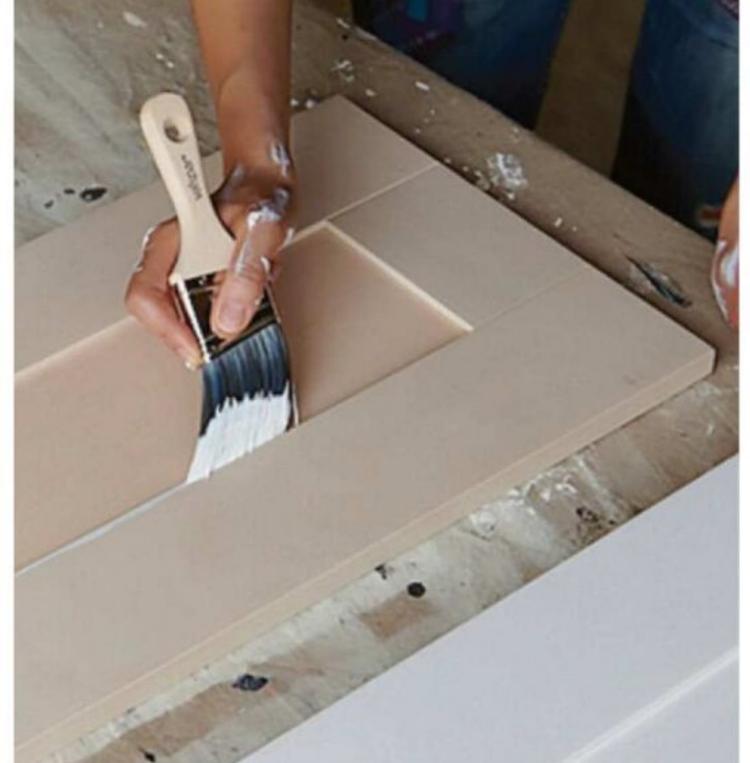
**DECALS** Alexandra, who publishes her projects on Instagram (@beforeandafter65), created a forest of birch trees with a customizable decal set (Birch Trees Fox & Friends Wall Decals, starting at \$150; motomomsdecor.com). She trimmed the 8-foot white trees to fit. Completing the scene, critter decals perch on branches and sills.

BEDDING Light polka dots on pillowcases are a subtle nod to the fawn's coat. ■

Show us what you made

Send photos of you with your latest project to IDidIt@dotdashmdp.com and post on Instagram with our #BHGIDidIt hashtag.







# valspar

# GRAB LIFE BY THE BRUSH.

When you're ready to do more, we're ready with all the products to help you make more a reality.









SWEET & SPICY PORK KABOBS Jufran banana "ketchup," a Filipino condiment, serves as the base for the brushing sauce that gives pork kabobs a sweet-sour flavor and caramelized char. Buy it online or use our stir-together, homemade version.



**Takumi** is Japanese for craftsmanship, and our **Takumi** Teriyaki sauces are crafted to take teriyaki to a whole new level of craveablity. They're rich, thick, and loaded with whole ingredients, like toasted sesame seeds, fragrant ginger, and chopped garlic. With five great flavors, including new Gochujang Spicy Miso, these sauces do it all.



Whether you're marinating, grilling, or stir-frying, reach for the **Takumi** to bring out the craftsmanship in your cooking. Discover the full line of **Takumi** flavors at **KikkomanUSA.com** 



AMERICA'S Artigan TERIYAKI





# then & now

From the 1950s forward, skewers have been a carefree and economical way to cook outdoors.



### **MEATS TO SWEETS**

We skewered every course in a June 1960 story, including dessert. Grilled pound cake cubes iced with jelly and rolled in coconut really take the cake.



### KITSCHY KABOBS

"It's all done in fun ... when food takes to a skewer." A 1954 collection of themed kabobs featured Rancher's Shishkebobs and Picnic Piggies.



### CHEAP EATS

Kudos to cost cutting, but we think these Mustard-Brushed Bologna Kabobs might be best left back in the summer of '71.

# Bonus recipes

Presented by Wright Brand Bacon Hover your phone camera over the code to get more recipe inspiration from our Red Plaid cookbook.



# AFTER 100 YEARS OF MAKING BACON THE SAME WAY, WE HAVE AN ANNOUNCEMENT TO MAKE:

# WE RENCT CHANGING ATHING.

The story of our hand-trimmed, thick-cut, real wood-smoked bacon began 100 years ago in a place called Vernon, Texas. The year was 1922, and the Roaring Twenties were well underway. But you wouldn't have found any gangsters, jazz clubs, or flappers here. Just a small town with small-town values. In the back of their little, rural grocery store, Egbert Eggleston, his son Fay,

and his son-in-law Roy Wright set out to make a better slice of bacon. One that was real wood smoked, hand trimmed,

thick cut, and full of flavor.

The three relatives got to work right away, handselecting every pork belly and trimming it to perfection. They cured each thick-cut piece and smoked it for hours over real hickory wood, enriching it with one-of-a-kind, savory flavor. When they finally tasted their bacon handiwork with its perfect, mouthwatering mixture of sweetness, saltiness, and smoke, they knew their careful attention to detail had paid off. They

VERNON

called their bacon Wright® Brand, and it was made the Wright Way.

As the family business quickly grew, word of Wright Brand's

BACON THE WRIGHT WAY.

WRIGHT
BRAND
BRAND
19 W 22

REAL WOOD
SMOKED

delicious real woodsmoked bacon spread throughout Texas and across the Southwest. But even with their growth and success, even as the world changed around them, the family continued

to make bacon the Wright Way. And for the last 100 years, they and their descendants have overseen the bacon-

making process from beginning to end in that same small town of Vernon, Texas.

Today, Wright Brand bacon can be found on grocery shelves all over the United States. Besides adding some delicious new flavors, like Applewood Smoked and Double Smoked, we have kept our bacon unchanged. It's what it's always been—hand trimmed, thick cut, and real wood smoked. We're not ones for big announcements and fanfare, but we thought it was worth

telling everybody that after 100 years in the bacon business, we're going to keep doing what we've been doing. The Wright Way to make

bacon started in 1922, and it will stay that way for the next 100 years.





# RED CURRY TOFU SKEWERS

Tofu, eggplant, and mushrooms soak up the ginger-curry marinade like mini sponges, infusing them with fresh Thai flavors. Serve with peanut sauce and rice cooked in coconut milk.

# KOFTA KABOBS

Kofta, a ground meat dish seasoned with garlic, herbs, and warming spices, has many variations across the Middle East. Our tribute mixes lamb, beef, and mushrooms. Serve it with cacik, a cooling cucumber tzatzikilike sauce.





## EASY PREP. EASY COOK. EASY CLEAN.

Tough and durable to prevent rips and tears. It's dinner made easy.







A cookie jar in every bite.





# hash it out

Lighten classic potato hash with summery additions of fresh produce.

Each perky combo cooks in a single skillet that doubles as a serving dish.





## **VEGGIE-SWEET POTATO HASH**

This sweet potato, fennel, and apple trio caramelizes as it cooks. Get more garden color with kale and corn, and finish the hash with poached eggs that become a silky sauce when pierced with a fork.



## SPINACH & BACON HASH

Sizzle onion, bell peppers, and Yukon gold potatoes in bacon fat for extra smokiness and golden, crispy potato edges. Stir in spinach or another quick-wilting green for a vitamin boost.

Serve with the Tomatillo Sauce or sub in a side of guacamole.



#### TOMATILLO SAUCE

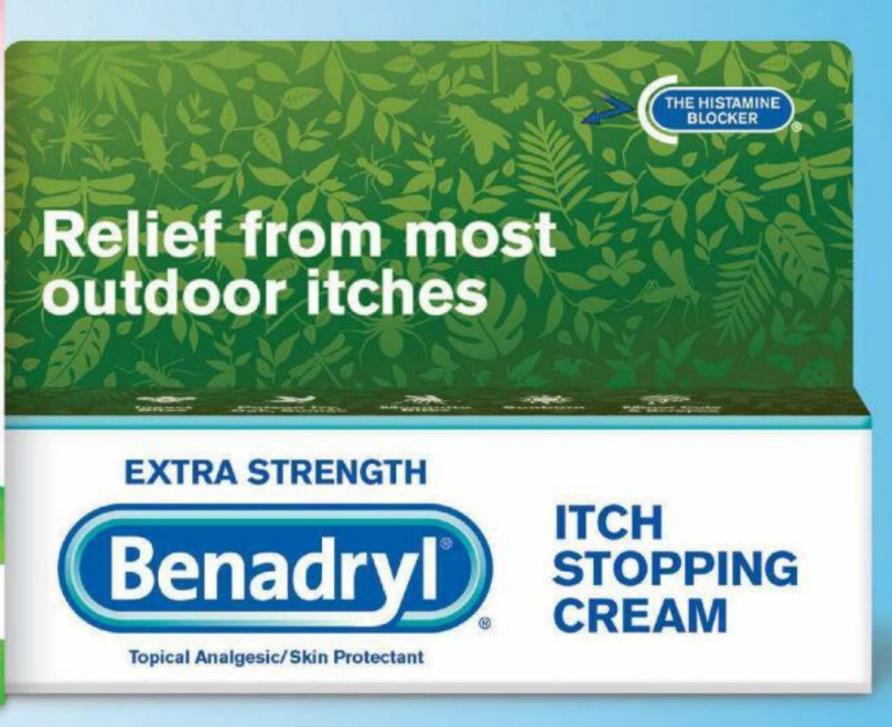
This no-cook verde blender sauce— made with zucchini, tomatillos, and spicy jalapeño—elevates
Spinach & Bacon Hash with its sassy, salsa-like flavors.

#### RECIPES ON PAGE 122.

# FOR SNEEZES, SNIFFLES & ITCHES THERE'S A BENADRYL® FOR YOU'







- ALLERGIES HIT FAST.
  GET RELIEF.
- **OVE-FREE**

- FREE OF:
- **OVES**
- **ALCOHOL**
- **SUGAR**
- **OF PARABENS**
- **W** RELIEVES ITCHING & PAIN
- RELIEF FROM OUTDOOR, WOUND-RELATED, AND SUNBURN ITCHES



# butter mochi

A return to Hawai'i has Aloha Kitchen author Alana Kysar reconnecting with family and savoring a sweet taste of home.

> he sight of the West Maui Mountains, painted in deep blues and greens with flecks of gold, signaled our descent to Maui. After more than 10 years on the mainland, my fiancé, Moses, and I made the move home to the island to be closer to family, friends, and this beautiful place.

I grew up on Maui, and Moses grew up on O'ahu. We met in California and were pursuing our careers there, but with the shift toward more opportunities for remote work, moving home felt almost necessary. Our hope was to build the life we have been envisioning through our community and the land itself.

Oh, what a homecoming it has been. Our first days were punctuated by the flavors we had pined for. We feasted on shoyu ahi poke picked up from a favorite liquor store, cooked chicken adobo and rice at my mom's house, and indulged in square after square of butter mochi. Growing up in Hawai'i,

we took this wonderfully chewy coconut-custard, sticky rice cake for granted because it was served at almost any party in the islands. After one bite, anyone could easily see why. The recipe is endlessly adaptable, a well-balanced mix

of textures all baked into a bar.

Custardy with notes of vanilla, it was always my favorite. I was proud to bring it to potlucks, and it was the first thing I would reach for on the dessert table. Now that I'm back home, I look forward to sharing my own twists on Mom's recipe at parties for years to come.



Like Filipino bibingka, Japanese chi chi dango, and mochi-coated ice cream, butter mochi gets its signature bounce from glutinous or sticky

rice flour.

**CHEW ON THIS** 





#### PREMIUM COVERAGE

Get the same great nationwide coverage, *including 5G*, as the big carriers.



### AWARDED BY J.D. POWER 12 TIMES IN A ROW

"#1 in Customer Service among Wireless Value MVNOs."



#### **100% RISK-FREE GUARANTEE**

If you're not completely satisfied, cancel within 30 days and pay nothing. It's completely hassle-free!

#### UPDATED PLANS!

#### FLEXIBLE, NO-CONTRACT MONTHLY PLANS DELIVER SUPERB VALUE

OUR UPDATED PLANS NOW OFFER MORE FOR THE SAME PRICE!

\$20 MONTH

1GB of data

UNLIMITED TALK + TEXT \$**3**5

7GB **OF DATA** 

UNLIMITED TALK + TEXT \$45 MONTH 15GB OF DATA

JNLIMITED TALK + TEXT

WANT TO SHARE YOUR PLAN? Add a Line for \$20/Month, Additional Lines Just \$15/Month



#### AARP MEMBERS RECEIVE A 5% DISCOUNT ON MONTHLY SERVICE.

CALL CONSUMER CELLULAR (888) 803-6692

JoinCC.com

AVAILABLE AT TARGET.

© 2022 Consumer Cellular Inc. Terms and Conditions subject to change. New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. The totals shown here are costs for monthly service only. All plans shown above include a \$5 credit for enrolling in AutoPay and E-Billing. They do not include any state or local taxes. All other products are trademarked by their respective manufacturers. Phones are limited to stock on hand. If you're not completely satisfied within 30 days (data use is limited to 500MB) of activation of your service, cancel and pay nothing. For J.D. Power 2022 award information, visit jdpower.com/awards



#### COCONUT LIME BUTTER MOCHI

As for many Hawai'ian dishes, the origins of butter mochi are not easily traced. It evolved from the influences of Japanese, Chinese, Filipino, Korean, and Portuguese immigrants who came to the islands in the early 20th century to work on fruit and sugar plantations. My mom's butter mochi recipe combines cow milk and canned coconut milk, but to make this version extra coconutty, I like to swap the dairy for coconut beverage (sold refrigerated). Feel free to use either one or the plant milk of your choice.

HANDS-ON TIME 20 min.
TOTAL TIME 1 hr. 30 min.

- 1½ cups unsweetened refrigerated coconut beverage or milk
- 4 large eggs
- 1 Tbsp. lime zest
- 2 tsp. vanilla
- 1 1-lb. box mochiko flour (also sold as glutinous, sweet, or sticky rice flour)
- 2 cups sugar
- 2 tsp. baking powder
- 1 13.5-oz. can unsweetened coconut milk
- 1/2 cup fresh lime juice (4 large limes)
- 1/2 cup unsalted butter, melted
- 1/2 cup unsweetened finely shredded coconut Flaky salt (optional)
- **1.** Preheat oven to 350°F. Grease a 13×9-inch baking pan.
- 2. In a medium bowl whisk

The whole family loves butter mochi, including my fiancé, Moses, and our pup, Vienna Sausage.

together coconut beverage, eggs, lime zest, and vanilla. In a large bowl whisk together mochiko flour, sugar, baking powder, and ½ tsp. kosher salt. Pour wet ingredients into dry ingredients; whisk until well combined. Add canned coconut milk, lime juice, and melted butter; mix until fully incorporated.

- 3. Pour batter into prepared pan. Gently tap pan on the counter to bring any air bubbles to the surface. Evenly sprinkle shredded coconut on top of batter, being careful not to jiggle the pan (you want the coconut to stay on top). Sprinkle with a few pinches of flaky salt (if using).
- **4.** Bake 60 to 70 minutes or until set and golden brown on top. Cool completely in pan on a wire

rack. Using a plastic knife to prevent sticking, cut mochi into twenty 2½×2½-inch pieces. Store in an airtight container at room temperature up to 3 days. Serves 20.

PER SERVING 274 cal,

11 g fat (8 g sat fat), 49 mg chol,

115 mg sodium, 41 g carb, 21 g

sugars, 3 g pro

#### BLOOD ORANGE CREAMSICLE BUTTER MOCHI

Prepare as directed, omitting coconut beverage, lime zest, and lime juice. Add 1 cup whole milk, 1 cup fresh blood orange juice or orange

juice, and 1 Tbsp. orange zest to wet ingredients.
Substitute 1½ cups
heavy cream for
canned coconut
milk. If you like, stir
a few drops of pink
food coloring into
batter before pouring
into pan. Omit
shredded coconut and
flaky salt. Bake as
directed.

#### CHOCOLATE, ALMOND, AND COCONUT BUTTER MOCHI

Prepare as directed, omitting lime zest and lime juice. Add ½ tsp. coconut extract to wet ingredients. Add ½ cup unsweetened cocoa powder, 1 tsp. instant espresso powder, and 1½ tsp. baking soda to dry ingredients. Reduce baking

powder to ½ tsp. and increase melted butter to ¾ cup. Sprinkle top with 4 oz. chocolate chips, ²/₃ cup slivered almonds, and ⅓ cup unsweetened finely shredded coconut.

Sprinkle with flaky salt (if using). Bake as directed. ■

The easiest

way to slice

sticky mochi is

using a plastic

knife, the kind

that comes

with takeout.



#### RICE FLOUR

Hover your phone camera over the code to learn more about glutinous rice flour and ways to use it.





#### INDICATION AND USAGE

OPZELURA is a prescription medicine used on the skin (topical) for short-term and non-continuous treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised people 12 and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

The use of OPZELURA along with therapeutic biologics for atopic dermatitis, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended.

#### **IMPORTANT SAFETY INFORMATION**

OPZELURA cream is for use on the skin only. Do not use OPZELURA cream, in your eyes, mouth or vagina.

#### OPZELURA may cause serious side effects, including:

Serious Infections: OPZELURA cream contains ruxolitinib. Ruxolitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while taking OPZELURA. Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

Increased risk of death from all causes, including sudden cardiac death, has happened in people taking JAK inhibitors by mouth.

Cancer and immune system problems: OPZELURA may increase your risk of certain cancers by changing the way your immune system works. Some people have had lymphoma and other cancers while taking JAK inhibitors by mouth, especially if they are a current or past smoker. Some people have had skin cancers while taking OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA.

There is an increased risk of major cardiovascular events such as heart attack, stroke or cardiac death in people with cardiovascular risk factors and who are current or past smokers while using JAK inhibitors to treat inflammatory conditions.

Blood clots: Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening.

Low blood cell counts: OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen.

Cholesterol increases: Cholesterol increase has happened in people when ruxolitinib is taken by mouth. Tell your healthcare provider if you have high cholesterol or triglycerides.

#### Before starting OPZELURA, tell your healthcare provider if you:

- have an infection, are being treated for one, or have an infection that keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- · have or had TB, or have been in close contact with someone with TB
- have had shingles (herpes zoster) or hepatitis B or C
- live, have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use OPZELURA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.

Incyte Dermatology

OPZELURA is a trademark of Incyte.
Incyte and the Incyte logo are registered trademarks of Incyte.
© 2022, Incyte Corporation.
MAT-OPZ-00172 04/22

- think you have an infection or have symptoms of an infection such as:
- fever, sweating, or chills
- muscle aches
- cough or shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinating more often than usual
   feeling very tired
- have ever had any type of cancer, or are a current or past smoker
- have had blood clots in the veins of your legs or lungs in the past
- have high cholesterol or triglycerides
- · have or have had low white or red blood cell counts
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby. There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Incyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

#### After starting OPZELURA:

- Call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have.
- Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:
- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded
- weakness in one part or on one side of your body
- slurred speech
- Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including: swelling, pain or tenderness in one or both legs, sudden, unexplained chest or upper back pain, or shortness of breath or difficulty breathing.
- Tell your healthcare provider right away if you develop or have worsening of any symptoms of low blood cell counts, such as: unusual bleeding, bruising, tiredness, shortness of breath or fever.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

The most common side effects of OPZELURA include: pain or swelling in your nose or throat (nasopharyngitis), diarrhea, bronchitis, ear infection, increase in a type of white blood cell (eosinophil) count, hives, inflamed hair pores (folliculitis), swelling of the tonsils (tonsillitis), and runny nose (rhinorrhea).

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Incyte Corporation at 1-855-463-3463.

Please see the Brief Summary of the Medication Guide for OPZELURA on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch or call 1-800-FDA-1088.

COPAY SAVINGS CARD

ELIGIBLE PATIENTS MAY PAY AS LITTLE AS \$10 PER TUBE FOR OPZELURA\*

\*Terms & Conditions apply



#### Brief Summary of Medication Guide for OPZELURA™ (ruxolitinib) Cream

#### What is OPZELURA?

OPZELURA is a prescription medicine used on the skin (topical) for short-term and non-continuous treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised people 12 and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

The use of OPZELURA along with therapeutic biologics for atopic dermatitis, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended.

It is not known if OPZELURA is safe or effective in children less than 12 years of age.

Important: OPZELURA cream is for use on the skin only. Do not use OPZELURA cream, in your eyes, mouth or vagina.

#### What is the most important information I should know about OPZELURA?

#### OPZELURA may cause serious side effects, including:

- Serious Infections. OPZELURA contains ruxolitinib. Ruxolitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while taking OPZELURA.
  - Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

#### Before starting OPZELURA, tell your healthcare provider if you:

- are being treated for an infection
- have had an infection that does not go away or that keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- have TB or have been in close contact with someone with TB
- have had shingles (herpes zoster)
- have had hepatitis B or C
- live in an area, or have lived in an area, or have traveled | See "What are the possible side effects of to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use OPZELURA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- think you have an infection or have symptoms of an infection such as:
  - o fever, sweating, or chills
- weight loss
- o muscle aches
- o cough or shortness o diarrhea or stomach pain of breath
- blood in your phlegm
- o warm, red, or painful skin or sores on your body
- burning when you urinate or urinating more often than usual
- feeling very tired

After starting OPZELURA, call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have.

- Increased risk of death from all causes, including sudden cardiac death, has happened in people taking JAK inhibitors by mouth.
- Cancer and immune system problems. OPZELURA may increase your risk of certain cancers by changing the way your immune system works. Some people have had lymphoma and other cancers while taking JAK inhibitors by mouth, especially if they are a current or past smoker. Some people have had skin cancers while taking OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA. Tell your healthcare provider if you have ever had any type of cancer.
- Increased risk of major cardiovascular events such as heart attack, stroke or death has happened in people with cardiovascular risk factors and who are current or past smokers while using JAK inhibitors to treat inflammatory conditions.

Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:

- o discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- o pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded weakness in one part or on one side of your body
- slurred speech
- Blood clots. Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening.
  - Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.
  - Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including:
    - swelling, pain or tenderness in one or both legs
    - sudden, unexplained chest or upper back pain
    - shortness of breath or difficulty breathing

**OPZELURA?"** for more information about side effects.

#### Before using OPZELURA, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection
- have or had tuberculosis (TB), or have been in close contact with someone who has TB
- have had shingles (herpes zoster)
- have or had hepatitis B or C
- have had skin cancer in the past
- are a current or past smoker
- have or have had low white or red blood cell counts
- have high levels of fat in your blood (high cholesterol or triglycerides)
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby.

- Pregnancy Exposure Registry. There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Incyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

#### What are the possible side effects of OPZELURA? OPZELURA may cause serious side effects, including:

- See "What is the most important information I should know about OPZELURA?"
- Low blood cell counts. OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen. Tell your healthcare provider right away if you develop or have worsening of any of these symptoms:
- unusual bleeding
- bruising
- tiredness
- shortness of breath
- o fever
- Cholesterol increases. Cholesterol increase has happened in people when ruxolitinib is taken by mouth. Tell your healthcare provider if you have high levels of fat in your blood (high cholesterol or triglycerides).

#### The most common side effects of OPZELURA include:

- pain or swelling in your nose or throat (nasopharyngitis)
- diarrhea
- bronchitis
- ear infection
- increase in a type of white blood cell (eosinophil) counts
- hives
- inflamed hair pores (folliculitis)
- swelling of the tonsils (tonsillitis)
- runny nose (rhinorrhea)

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Incyte Corporation at 1-855-463-3463.

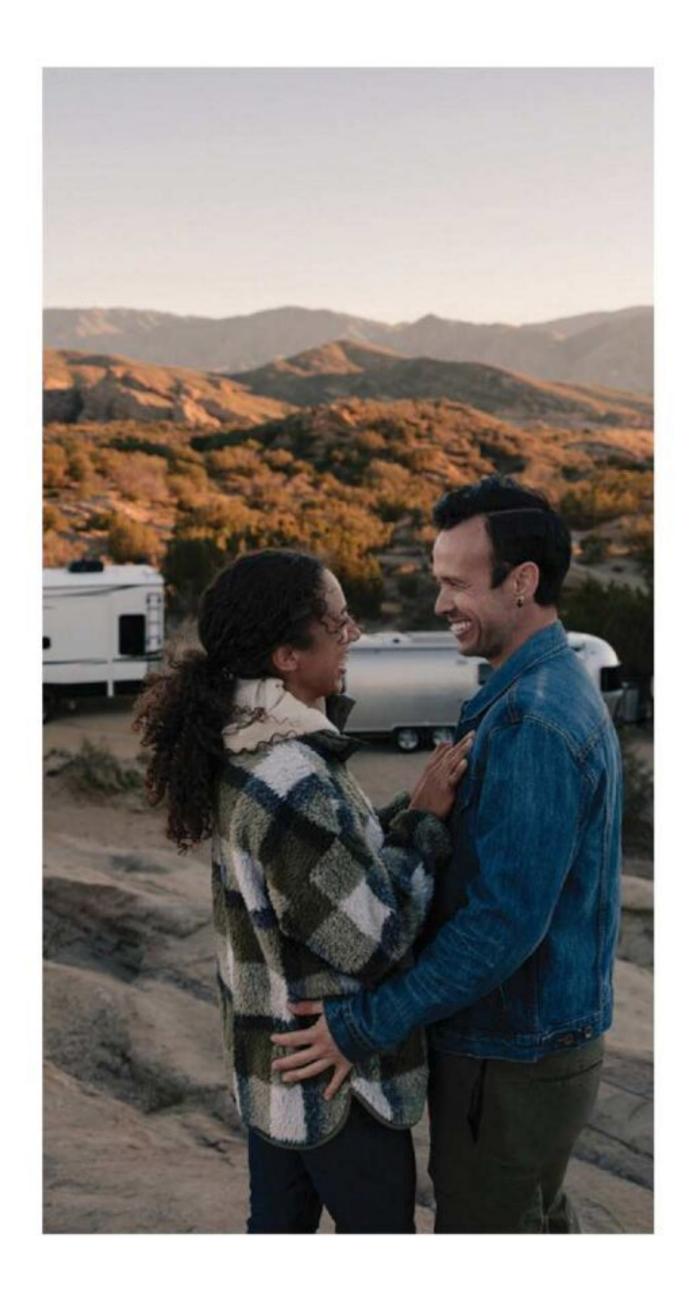
Manufactured for: Incyte Corporation, 1801 Augustine Cut-off, Wilmington, DE 19803 Issued: September 2021 PLR-0PZ-00010 OPZELURA is a trademark of Incyte. All rights reserved. U.S. Patent Nos. 7598257; 8415362; 8722693; 8822481; 9079912; 9974790; 10610530; 10639310; 10758543; 10869870

For more information go to www.Opzelura.com or call 1-855-463-3463



# FRESHESS

#### FRESH PRODUCTS & PROMOTIONS TO LIVE A MORE COLORFUL LIFE





# GO FIND YOUR REAL VACATION AND GO RVING HOWEVER YOU LIKE

There's a Real Vacation for every occasion and everyone. You can GO when you want, where you want, and however you want.

gorving.com



#### THE BEST NUTRIENTS FOR THEIR BEST LIFE

Science-led nutrition.
Life-changing results. For every age, size and a variety of needs.
SCIENCE DID THAT.

Find the right food at HillsPet.com

#### MAKE IT"



#### BYE-BYE BORING BREAKFAST

Start the day with HORMEL® BLACK LABEL™ Egg Bites and BREAKFAST COMBOS™ products, ready in 60 seconds or less.

Blacklabelbacon.com



#### YOUR WEST VIRGINIA ADVENTURE STARTS HERE

Traveling down the winding trails and across the sweeping forests of Almost Heaven is an experience like no other. Explore Appalachian mountain towns, discover America's newest national park and craft a truly authentic getaway with this special collection of travel guides.

Order all four and plan your escape.

WVtourism.com



# Cheerios

#### POUR YOUR HEART INTO EVERY MORNING

Honey Nut Cheerios with a touch of real honey and whole grain oats makes eating heart healthy enjoyable.

Learn more: cheerios.com

(Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving).





#### ONE TASTE IS ALL IT TAKES™

BLUE Tastefuls™ - Cats love the taste. You'll love the healthy ingredients. Available in cans or convenient single-serve twin-packs!

BlueTastefuls.com







A BRITISH TRANSPLANT RE-CREATES THE LANDSCAPE OF HIS CHILDHOOD IN UPSTATE NEW YORK.

arry Jordan was living the fast-paced life of a New York City fashion designer when homesickness hit. Raised in rural Northumberland, England, Barry had spent much of his childhood outside, playing in the river and gardening with his grandfather. "My world was small in

a really beautiful way," he says.

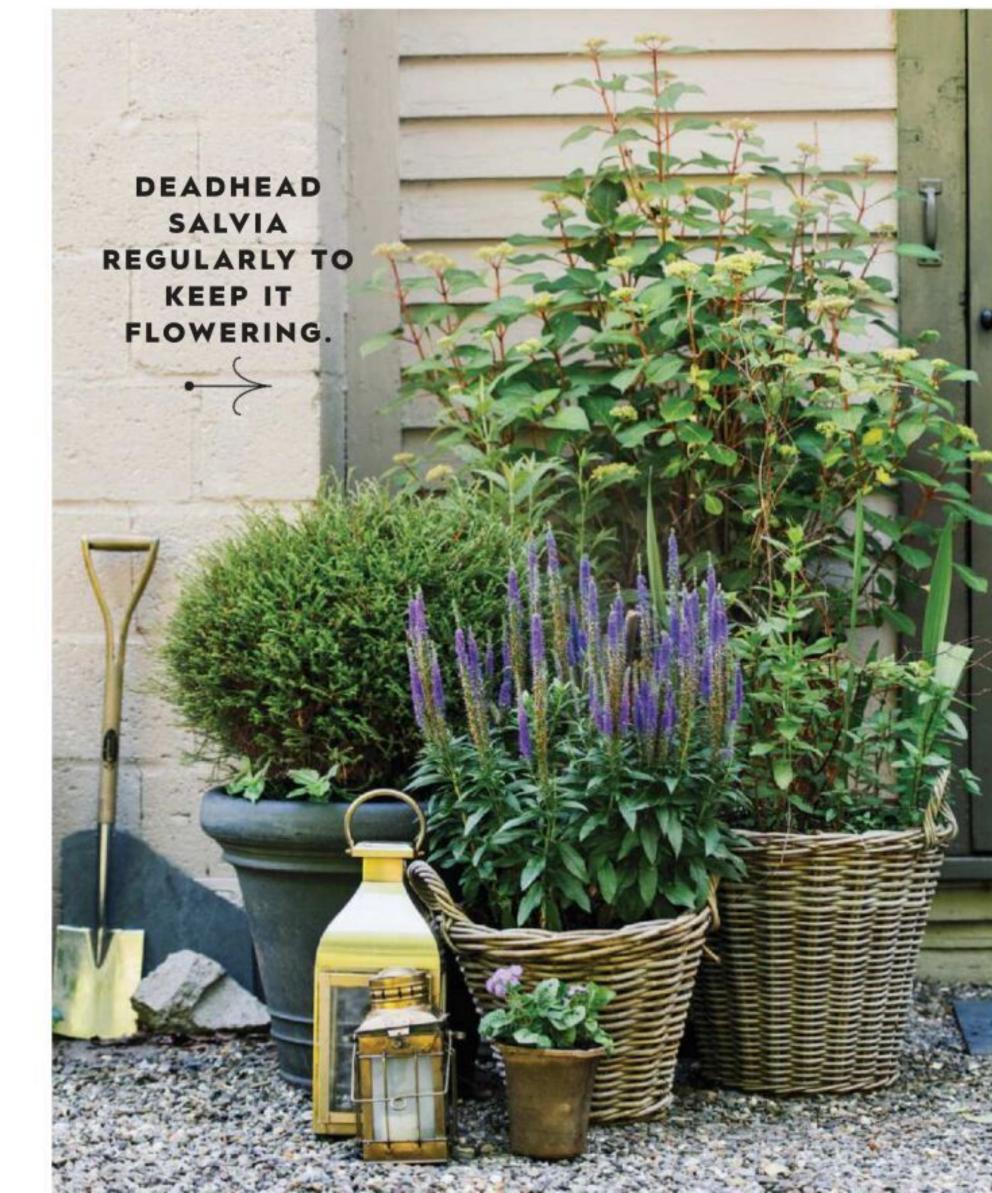
Nostalgia inspired Barry, a designer at Ralph Lauren, to leave Manhattan for an 1830s home in Dutchess County, New York. Surrounded by rolling hills that reminded him of England, the 1-acre property wasn't much more than a field when he purchased it. On a budget, and being a big believer in the English saying "make do and mend," Barry has

spent the last few years slowly creating distinct beds, borders, and seating areas. "There's no bulldozer. There's no instant gratification," he says. (Well, except for the giant boxwoods he splurged on. "I didn't care if I would have to eat noodles for a month—I was getting them," he says.)

The look of the garden is classically cottage: White roses climb trellises, rustic stone walls delineate various areas, and self-seeding foxgloves pop up

everywhere. Barry cherishes the wild, slightly overgrown feel of it all. "English gardens feel worn by time," he says. "There's a bit of structure, but it always looks like nature is on the brink of taking it back."







There is nothing low-maintenance about what I do, but I'm all about the process. This is my meditation."

**BARRY JORDAN** 





Barry stained cheap pine gray so it resembles cedar and embellished it with post caps to create elegant raised beds, above and opposite, for his vegetables and flowers.

Lacking a grand view,
Barry built his
own scene with clipped
boxwoods, above
right. "I call them
my little army, invading
my garden from
the woods," he says.

A loose arrangement of asparagus fronds, campanulas, and foxgloves, *right*, brings the garden indoors.



#### elements of an ENGLISH GARDEN

Since medieval times, the English have cultivated a distinct garden aesthetic. Here are its hallmarks.

#### DOORSTEP GARDEN

The need to be in
the garden immediately
when stepping
outside has led to a
penchant for hedges
hugging every
door and vines
climbing the walls.

#### DEFINED BORDERS

Back when livestock roamed villages, a fence was essential, and the English never lost their love of hedgerows, gateways, walls, and various other means of defining space.

# ALL THE FLOWERS

An infatuation with flowers—roses, cowslips, columbines, snowdrops, delphiniums—is practically a British birthright. The palette is typically a mix of quiet pastels.

#### NEAT AND TIDY

The famous
looseness of the
English planting style
works well because it's
juxtaposed against
structural elements like
neatly clipped shrubs
(often boxwood).

-Tovah Martin



# PUREJOY

PATTERN DESIGNER CHRISTINE JOY LLEWELLYN OHEMENG WEAVES A DECORATIVE TAPESTRY IN HER HOME.







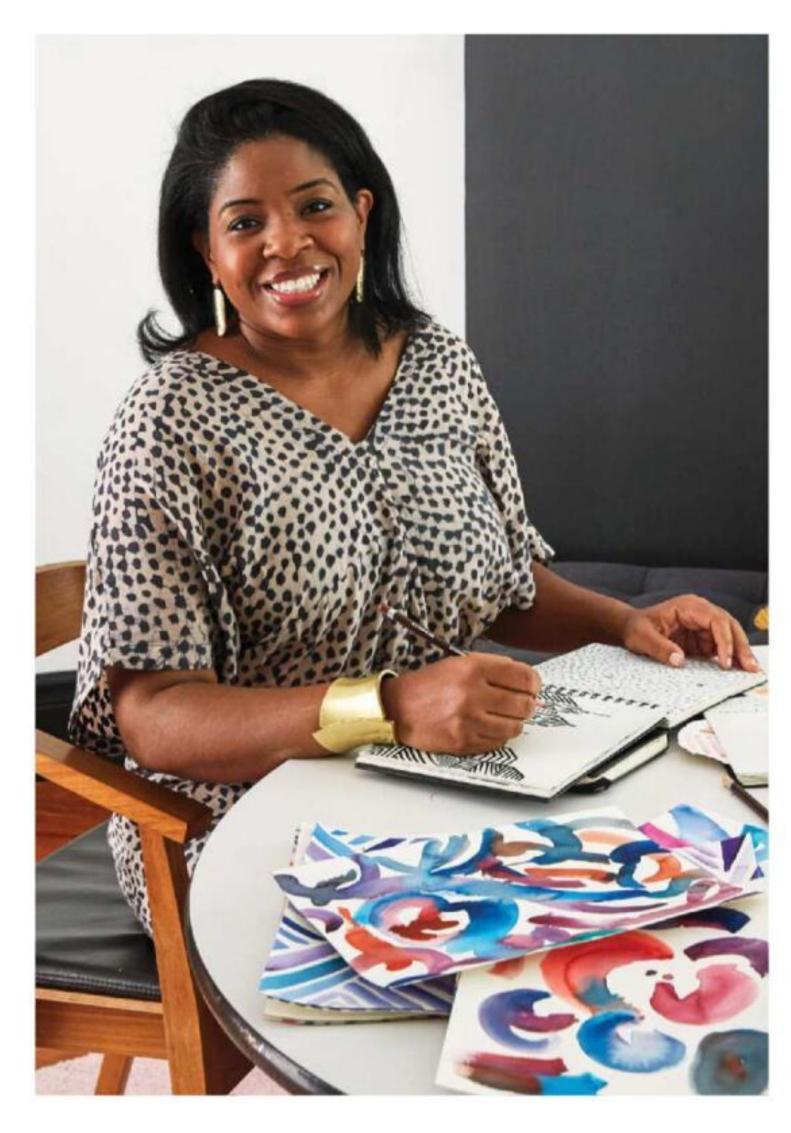
#### **FAMILY STYLE**

Christine pairs Scandinavian wishbone chairs with the simple dining table from their old Brooklyn apartment. She cherishes the sentimental value of every nick, scratch, and faded finish. The art above the console, below, is one of her own pieces inspired by modern architecture. "I love this geometric piece in our historical home," she says.



rtist and surface pattern designer Christine Joy Llewellyn Ohemeng grew up amid an array of cultural influences. She was raised in Queens, NYC, by Caribbean-born parents, and her mom traveled the world working for the United Nations. "She went mostly to African and some Asian countries, and she always brought something back to decorate our house: rugs from Afghanistan, Indian textiles, beautiful African sculptures," Christine says. "I find myself being very drawn to those types of things." When she was pursuing an arts degree, Christine spent time in Copenhagen studying Scandinavian design—an experience that continues to inform her aesthetic. Today she brings her global-meets-modern look to her work (she designs artwork that companies like Gap, West Elm, and Minted buy and reproduce on fabrics, art prints, and products like stationery) and to the home she shares with husband Kwame and their three kids in South Orange, NJ.

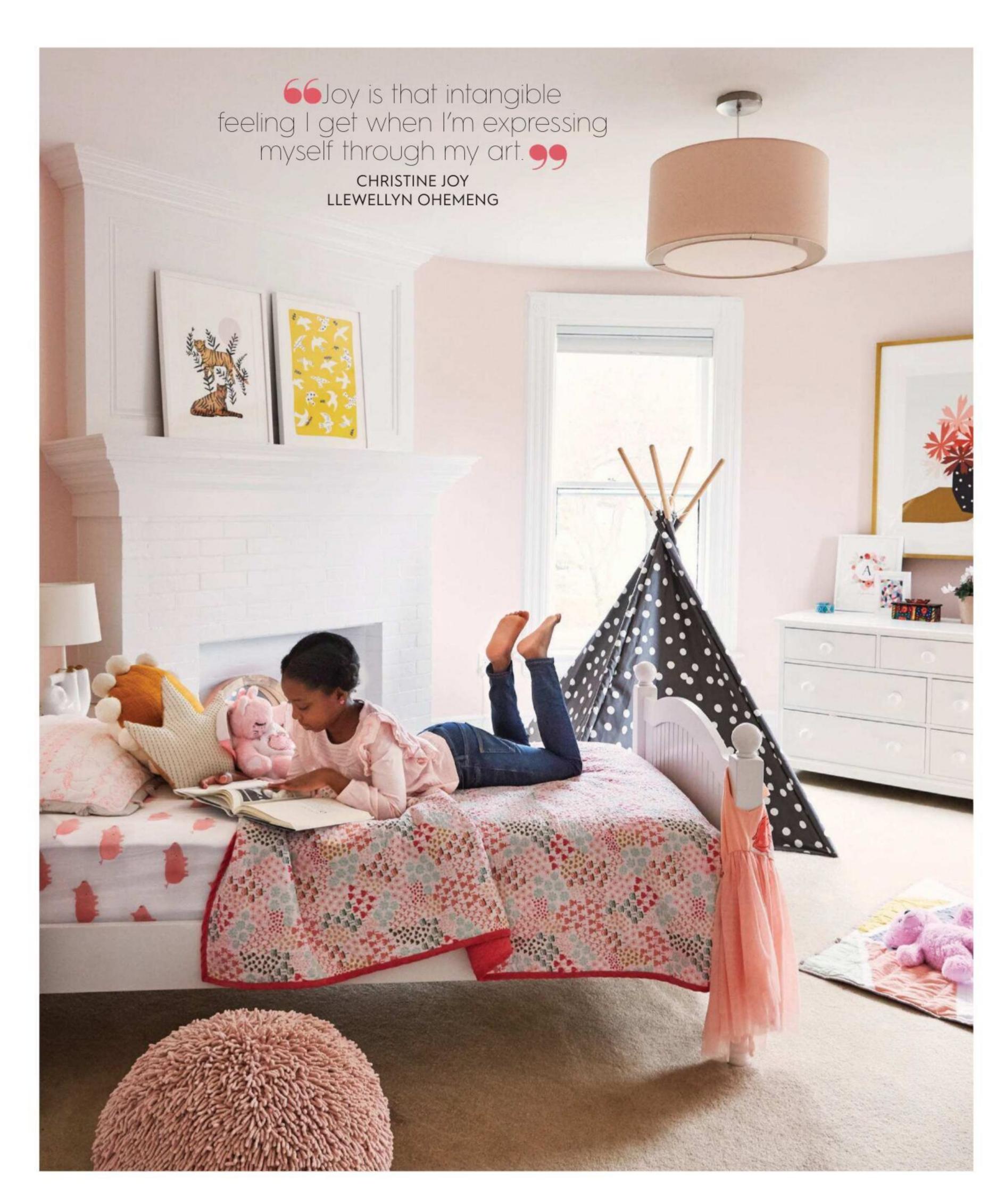
Their Queen Anne Victorian home was well cared for, so Christine found she could gently update the look with her own style. She started with a palette of neutrals—black, plenty of white, and warm blues and pinks. She then accented the rooms with treasured objects like African baskets, reminders of a year she spent living











in the Democratic Republic of the Congo (then known as Zaire) as a child. "Being a surface pattern designer, I love things that were made by hand. How much time and effort and labor went into making each of these pieces makes me honored to have them in the house," she says.

The home's period architecture gave Christine room to grow as a designer. Its multistory turret includes three round rooms: a family room on the main level, her daughter's bedroom on the second floor, and her home office on the third floor. That's a lot of curve, but she learned to work with the round shapes, floating furniture where it made sense and finding clever ways to anchor arrangements in others. Ultimately, Christine discovered that no matter its shape, a room's design is most successful when it's filled with things that have personal significance. "It's about your story," she says.

#### **CURVE APPEAL**

A shade of creamy pink adds a blush of color to the walls in Tina's room.
Christine played with circles here too. A polka-dot tepee, round pouf, and even subtle touches like bulbous dresser knobs and bed finials add playful style.



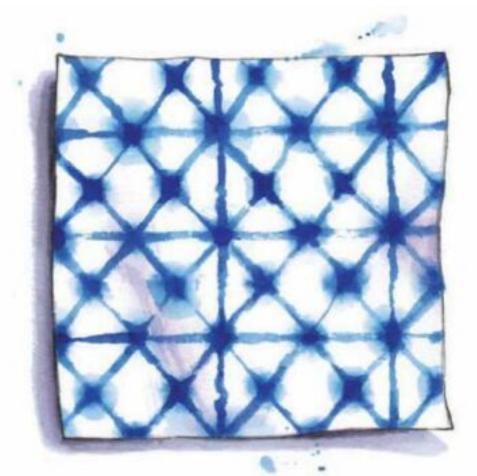


## SPACE TO CREATE

The couple transformed a horse barn in the backyard into an art studio where Christine teaches classes. She kept the shell of the room neutral-whitepainted walls and cabinets, wood beams, and concrete floors—then added energetic color with stools, indoor/outdoor rugs (easy to hose off), and her own art. She shares her love of multicultural design with her children: Tina, 9, Gabriel, 8, and Louisa, 4. She credits husband Kwame for helping create this happy space. "I'm more cautious and a dreamer. He's a doer," she says.

## PATTERN PLAY

Christine holds
classes in her studio
for both kids and
adults, teaching block
printing, indigo
dyeing, tie-dyeing,
weaving, marbling,
screen printing, batik,
and cyanotyping.
Each technique
includes a geography
lesson on its place
of origin as well as
its history.



#### INDIGO DYEING

The ancient Japanese technique of tie-dyeing, known as shibori, yields complex results thanks to an intricate process of folding and binding the fabric with ties. It's then dipped into an indigo vat.



#### **BLOCK PRINTING**

Patterns in this traditional craft of China and India are made using a block of carved wood dipped in paint and stamped on fabric. Christine's students use rubber blocks they've designed and carved.



#### **BATIK**

Popularized in Indonesia, this technique involves applying hot wax to a textile before dyeing. Once dry, the wax is removed to reveal negative space.

Repeating the process forms layered designs.



COOKBOOK AUTHORS PAUL ARGUIN AND CHRIS TAYLOR SHARE HOW TO TURN STORE-BOUGHT ICE CREAM INTO SOMETHING MEMORABLE. THEIR FROZEN TREAT RECIPES WILL SHINE AT YOUR SUMMER PARTY AND STILL GIVE YOU TIME TO CHILL.













# — RECIPES FROM PAGES 106-111 COLD FUSION

#### CORNBREAD COOKIE ICE CREAM SANDWICHES

HANDS-ON TIME 20 min.

TOTAL TIME 5 hr. (includes cooling + freezing)

- 1½ qt. (48 oz.) black cherry, black raspberry chip, blueberry, or any other summer berry ice cream or frozen yogurt, softened in refrigerator 30 minutes
- 1 cup all-purpose flour
- 1/4 tsp. baking powder
- ¼ tsp. ground cinnamon
- 1 cup fine cornmeal
- 1/2 cup buttermilk
- 1/4 cup vegetable oil
- 2 Tbsp. honey
- ½ cup packed brown sugar
- 1 large egg
- 1. Line the bottom and sides of a 9×9-inch baking pan with plastic wrap. Scoop softened ice cream into the prepared pan and cover with a second sheet of plastic wrap. Press down on the plastic with your hands to flatten ice cream into a smooth, even layer. Freeze at least 2 hours before filling sandwiches to allow ice cream to become firm.
- **2.** In a bowl stir together flour, baking powder, cinnamon, and <sup>3</sup>/<sub>4</sub> tsp. *salt*.

- **3.** In a large microwave-safe bowl stir together cornmeal, buttermilk, oil, and honey. Microwave mixture 2 minutes on high. The mixture will be hot and slightly thickened and darkened in color, like cooked polenta. Stir in brown sugar until no clumps remain. Spread to an even thickness up the sides of the bowl and let cool about 15 minutes until no longer hot. Transfer to a food processor. Add the egg and the flour mixture. Pulse until mixture comes together to form dough.
- **4.** Roll dough between two sheets of parchment or waxed paper into ¼-inch-thick sheet. Refrigerate dough on a baking sheet at least 2 hours.
- 5. Line two baking sheets with parchment. Preheat oven to 350°F. Cut dough into 2- to 2½-inch shapes using a cookie cutter or paring knife. Place cookies onto prepared baking sheets about 2 inches apart. If you like, cut shapes out of center of some of the cookies using a 1- to 1½-inch cookie cutter. Dough scraps may be rerolled to cut additional cookies. Bake 13 to 15 minutes until cookies are just starting to brown at edges. Cool completely on a wire rack before filling.
- 6. Remove top layer of plastic from ice cream. Using the same-shape cutter as for the cookies, cut out shapes of ice cream; sandwich them between two cookies. Wrap each sandwich in plastic wrap and store in the freezer up to 2 weeks until ready to serve. Makes 8.

  PER SANDWICH 448 cal, 18 g fat (7 g sat fat), 70 mg chol, 324 mg sodium, 67 g carb, 2 g fiber, 39 g sugars, 7 g pro

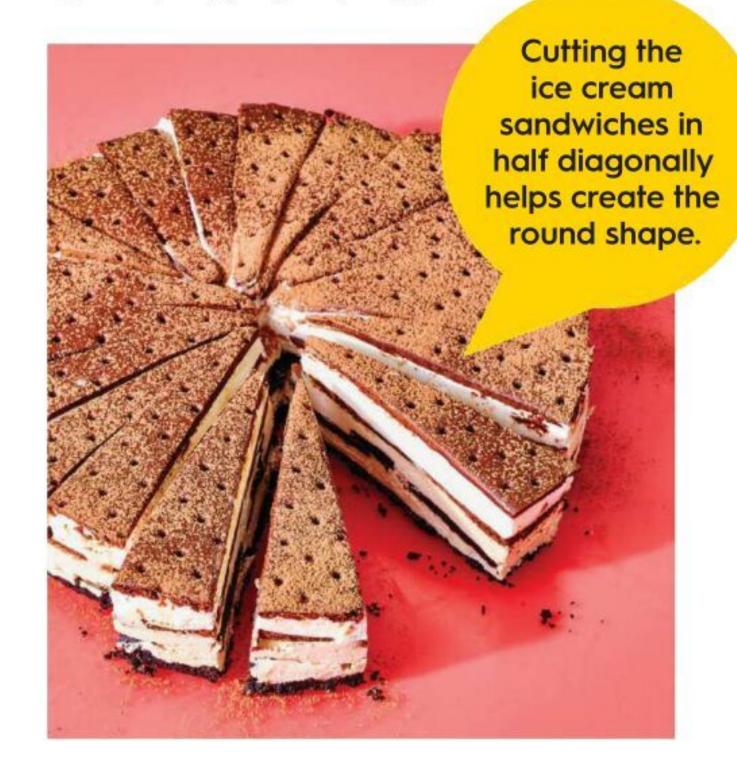
# ICE CREAM SANDWICH "TIRAMISU"

HANDS-ON TIME 20 min.
TOTAL TIME 2 hr. 20 min. (includes freezing)

- 1 9-oz. pkg. chocolate wafer cookies
- 21/2 Tbsp. butter, melted
- 1 Tbsp. instant espresso powder
- 1 Tbsp. coffee liqueur or 2 tsp. vanilla extract
- 11/4 cups heavy cream
- 1 cup powdered sugar
- 1 8-oz. container mascarpone cheese

- ice cream sandwiches
- 2 tsp. unsweetened cocoa powder
- **1.** Line the bottom of a 9- to 10-inch springform pan with parchment paper.
- 2. For crust, combine half the chocolate cookies and the butter in a food processor. Process until combined and cookies are evenly crushed. Press crumb mixture into bottom of prepared pan.
- **3.** In a large mixing bowl dissolve espresso powder in coffee liqueur. Add cream and powdered sugar. Beat with a mixer on low 30 seconds until powdered sugar is dissolved. Add mascarpone cheese and beat on medium-high until mixture is smooth and holds stiff peaks.
- 4. Spoon half of the cream mixture over crust, spreading evenly. Lay remaining chocolate wafer cookies on cream mixture, breaking cookies into smaller pieces as necessary. Spread remaining cream mixture evenly over top.
- 5. Cut ice cream sandwiches in half diagonally and place on top of cream layer, arranging them like spokes of a wheel with the points in center of pan (you may need to trim wide ends of sandwiches to fit tips in center). Dust top of cake with cocoa powder. Cover and freeze until firm, at least 2 hours and up to 2 weeks. To serve, use a knife to loosen cake from the sides of the pan, remove ring, and cut into wedges. Serves 18.

PER SERVING 301 cal, 18 g fat (9 g sat fat), 47 mg chol, 152 mg sodium, 32 g carb, 1 g fiber, 19 g sugars, 4 g pro





## 100% NON-DAIRY. 100% INDULGENT. MADE MINI.

MEET NEW MAGNUM NON-DAIRY MINI VARIETY













### PISTACHIO GELATO BROWNIE BARS

HANDS-ON TIME 45 min. TOTAL TIME 4 hr. 45 min. (includes cooling + freezing)

- 18- to 18.75-oz. box brownie mix
- qt. pistachio gelato, softened in refrigerator 30 minutes
- to 2 Tbsp. chocolate-flavor syrup
- cup chopped salted pistachios
- 1. Preheat oven to 325°F. Line the bottom and sides of two 9-inch square baking pans\* with aluminum foil. Lightly grease with nonstick cooking spray.
- 2. Prepare brownie mix according to package instructions. Divide batter between prepared pans; spread into an even layer. Bake 16 to 18 minutes until edges are set and a toothpick inserted into center comes out with moist crumbs but no wet batter. Cool completely before lifting layers out of pans.
- 3. Line the bottom and sides of a 9-inch square baking pan with plastic wrap. Add one brownie layer, top facing down. Spread gelato in an even layer over the brownie and add the second brownie layer, top facing up. Gently press together. Freeze at least 2 hours. Invert onto a cutting board. Remove plastic wrap.
- 4. Using a serrated knife, cut into 18 (3×1½-inch) bars. Brush tops of bars with chocolate syrup. Press chocolatecoated side into pistachios. Wrap each bar with plastic wrap and return to freezer at least 1 hour. Store frozen up to 2 weeks. Makes 18 bars.

\*TIP If you have only one 9-inch square baking pan, bake half of the brownie batter at a time. Cool 10 minutes before removing from pan.

PER BAR 299 cal, 16 g fat (4 g sat fat), 26 mg chol, 144 mg sodium, 36 g carb, 1 g fiber, 13 g sugars, 5 g pro

### CONFETTI CAKE & ICE CREAM POPS

HANDS-ON TIME 20 min. TOTAL TIME 5 hr. (includes cooling + freezing)

21/4 cups confetti cake mix from a two-layer (15.25-oz.) box\*

- Tbsp. rainbow sprinkles
- cup vegetable oil
- egg whites
- pt. mango sorbet, softened in refrigerator 30 minutes
- pt. raspberry sorbet, softened in refrigerator 30 minutes Sweetened whipped cream (optional)
- 1. Preheat oven to 350°F. Line a 15×10×1-inch baking pan with parchment paper. Lightly coat paper with nonstick cooking spray.
- 2. In a medium bowl beat together cake mix, sprinkles, 2/3 cup water, oil, and egg whites with a mixer on medium 2 minutes. Pour batter into prepared pan and spread carefully into a thin, even layer.
- 3. Bake 10 to 13 minutes or until center of cake springs back when lightly pressed and a toothpick inserted into center comes out clean.
- 4. Cool in pan on a wire rack 10 minutes. Place a clean kitchen towel over top of cake and flip upside down onto rack. Peel off parchment; cool completely.
- **5.** Line a 9×5-inch loaf pan or 91/2×41/2-inch Pullman pan with plastic wrap. Cut three rectangles from cake (see how-to, below). Lay one rectangle in bottom of lined pan. Using a small

ice cream scoop, scoop half of each sorbet onto cake. Swirl and smooth; top with a second cake layer. Repeat with remaining sorbet and cake piece. Cover with plastic wrap. Cut 16 small slits (two rows of eight) evenly spaced across plastic wrap. Insert a freezer pop stick into each slit, working the stick through all layers. Freeze 4 hours or until firm. Remove from pan. Using a serrated knife, cut loaf into 16 pops. If you like, decorate with whipped cream and additional rainbow sprinkles. Makes 16. PER POP 185 cal, 6 g fat (1 g sat fat), 114 mg sodium, 31 g carb, 1 g fiber, 24 g sugars, 1 g pro

\*TO USE REMAINING CAKE MIX FOR **CUPCAKES** Preheat oven to 350°F. In a medium bowl combine remaining dry cake mix, 2 egg yolks, 1/3 cup water, and 2 Tbsp. vegetable oil. Mix well. Spoon batter into six lined 2½-inch cupcake cups. Bake 12 to 15 minutes.

### "FRIED" ICE CREAM TRUFFLES

HANDS-ON TIME 30 min. TOTAL TIME 2 hr. 30 min. (includes cooling + freezing)

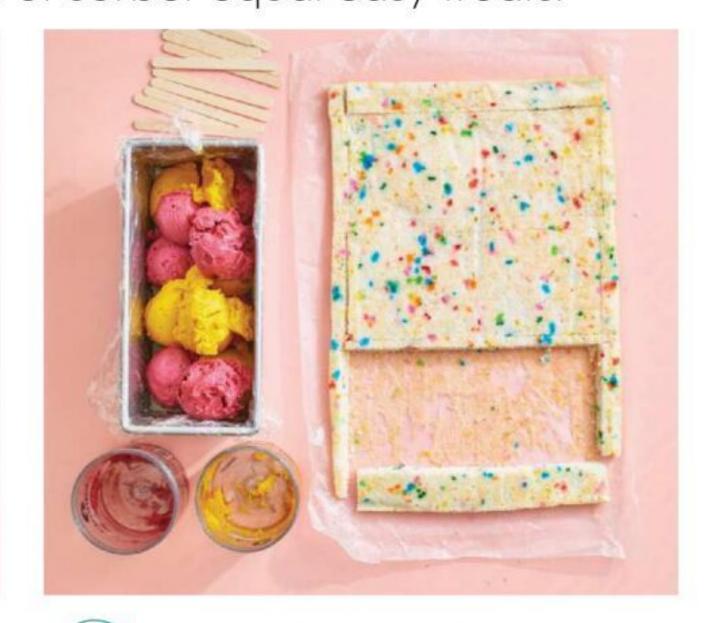
- Tbsp. unsalted butter, melted
- cup sugar

### POPS IN PROCESS

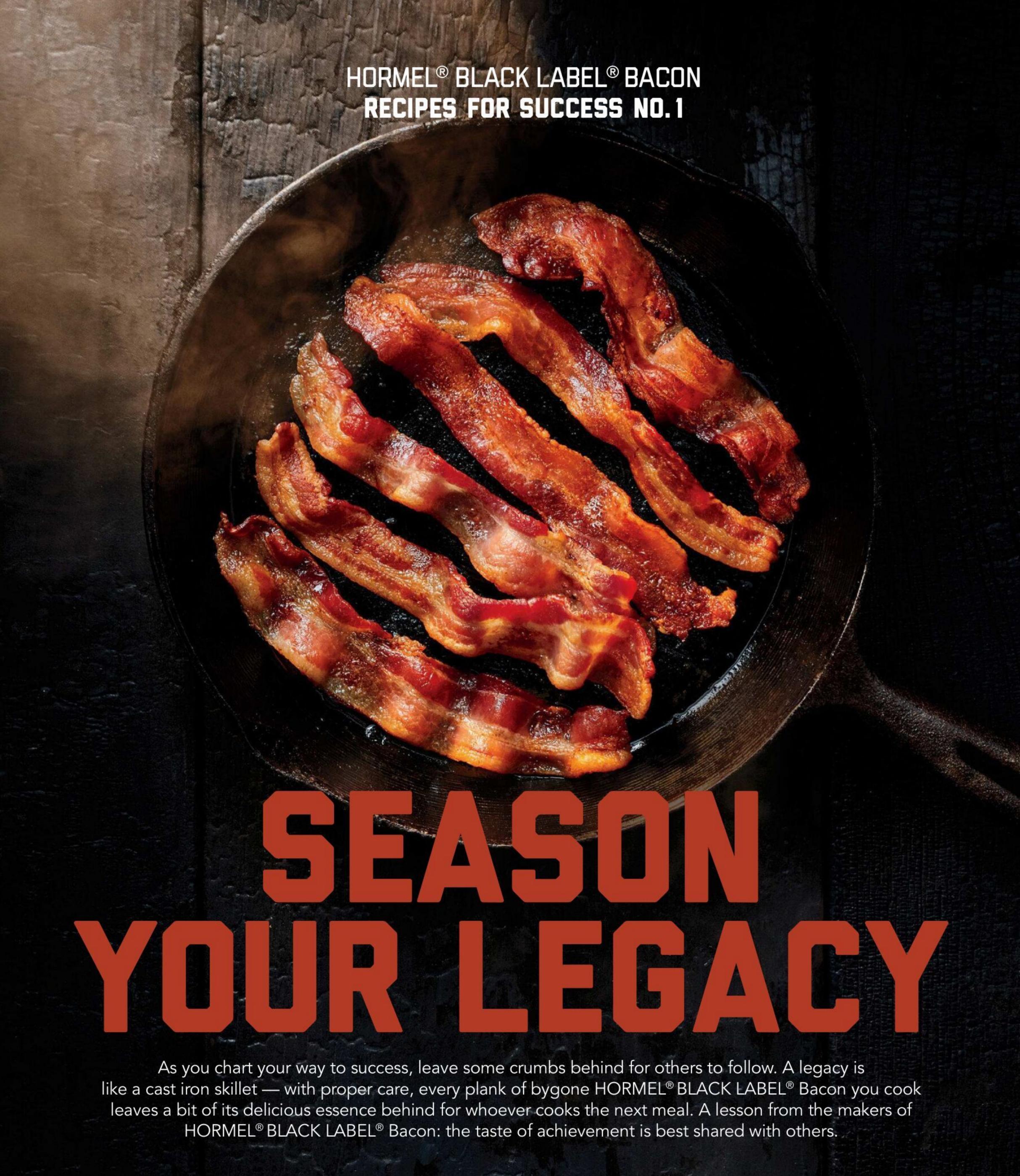
Three cake layers plus two of sorbet equal easy treats.



Place a loaf or Pullman pan on cake and use as a guide to cut around bottom to make three rectangles. For loaf pan, flip pan over to cut wider layer for top rectangle.



Scoop a half-pint of each flavor of softened sorbet onto first cake layer. Use a knife or spatula to swirl flavors together. Spread evenly and top with next cake layer; repeat.



MAKE IT





- 1 tsp. ground cinnamon
- 1 cup unseasoned panko
- 1 14- to 16-oz. container premium caramel ice cream
  Cinnamon Whipped Cream, strawberry syrup, and/or hot fudge-flavor ice cream topping (optional)
- **1.** In a medium bowl stir together butter, sugar, and cinnamon.
- 2. In a small skillet toast panko over medium about 5 minutes, stirring occasionally until crumbs turn golden brown and smell toasty. Immediately add to the butter mixture. Stir to combine; cool completely.
- mixture. Using a small scoop or a melon baller, scoop a 1-inch ball of ice cream and drop it into crumb mixture. Working quickly, roll to coat the ball completely and transfer to a plate. Repeat with remaining ice cream. Reserve remaining crumbs. Freeze truffles 1 hour. Roll again in remaining crumbs, reshaping as needed. Cover; freeze for an additional 1 hour before serving. Truffles soften quickly so keep frozen until serving time.
- 4. If you like, serve with picks and Cinnamon Whipped Cream, strawberry syrup, and/or hot fudge-flavor ice cream topping for dipping. Makes 24.

  PER TRUFFLE 79 cal, 5 g fat (3 g sat fat), 21 mg chol, 29 mg sodium, 8 g carb, 7 g sugars, 1 g pro

CINNAMON WHIPPED CREAM In a medium bowl whip ½ cup cold heavy cream until soft peaks form. Add 1 Tbsp. powdered sugar, ½ tsp. vanilla, and ½ tsp. ground cinnamon. Whip until stiff peaks form. Makes 1 cup.

Cocoa Crunch Truffles Make as directed except swap 1 Tbsp.

Dutch-process cocoa powder for the cinnamon and chocolate ice cream for the caramel ice cream.

TRUFFLES Add the sugar and one 0.8-oz. bag freeze-dried strawberries to a food processor. Process until very finely crushed. Make as directed except use the strawberry sugar in place of cinnamon sugar and strawberry ice cream instead of caramel ice cream.

### POLKA-DOT NEAPOLITAN PIE

HANDS-ON TIME 30 min.

TOTAL TIME 10 hr. 30 min. (includes cooling + freezing)

- 1 14-oz. container strawberry ice cream
- 1 14-oz. container chocolate ice cream
- 1 pkg. (12-count) sugar cones
- 1/2 cup unsalted butter, melted and still warm
- 1 Tbsp. sugar
- ½ gal. vanilla custard-style ice cream, softened in refrigerator 30 minutes Strawberry-Marshmallow Meringue Crushed freeze-dried strawberries (optional)
- 1. Line two rimmed baking sheets with waxed paper. Using a melon baller or tiny cookie scoop dipped in water, scoop ice cream into small balls and place on prepared trays. Freeze at least 4 hours or overnight until firm.
- 2. Preheat oven to 350°F. Place sugar cones in a food processor.\* Cover and process into fine crumbs. In a bowl combine melted butter, sugar, and ½ tsp. salt. Stir in cone crumbs until evenly coated. Press crumbs evenly against sides and bottom of a 9-inch pie plate; use a small cup with smooth sides to create a smooth crust. Freeze 10 minutes. Bake 10 minutes. Cool completely before filling.
- 3. Spread some of the softened vanilla ice cream into a ½-inch-thick layer over the crust. Top with half of the frozen ice cream balls, placing them randomly over the vanilla ice cream. Spread another layer of ice cream over balls to cover and press down on ice cream to eliminate any gaps around the balls. Add another layer of ice cream balls. (You may have some balls left over.) Add enough additional ice cream to fill the pan as deep as you like, pressing again to eliminate any gaps. Freeze at least 4 hours before serving to allow ice cream to become firm.
- **4.** To serve, prepare Strawberry-Marshmallow Meringue. Spread meringue on top of frozen pie. If you

like, brown with a kitchen torch and sprinkle with crushed dried strawberries. Makes 16 servings.

\***TIP** Alternatively, place sugar cones in a large resealable bag. Use a rolling pin to crush cones into fine crumbs.

#### STRAWBERRY-MARSHMALLOW

MERINGUE Grind 1/2 oz. freeze-dried strawberries in a small food processor. Sift powder through a fine mesh sieve to remove seeds. In a large mixing bowl combine 2 pasteurized egg whites, 1 Tbsp. of the freeze-dried strawberry powder, ½ tsp. cream of tartar, and a pinch of salt. Beat with an electric mixer on medium-high until foamy. Gradually add 2 Tbsp. sugar, 1 Tbsp. at a time, beating until soft, glossy peaks form (tips curl). Add half of a 7-oz. jar marshmallow creme in large spoonfuls while beating at medium speed. Beat until smooth and mixture almost forms stiff peaks (tips stand straight).

per serving 436 cal, 24 g fat (14 g sat fat), 107 mg chol, 219 mg sodium, 50 g carb, 1 g fiber, 38 g sugars, 7 g pro

### - RECIPES FROM PAGES 74-80 PICK-UP STICKS

## PESTO CHICKEN & RADICCHIO SKEWERS

HANDS-ON TIME 25 min. TOTAL TIME 4 hr. 25 min.

- 1½ lb. boneless skinless chicken breasts or thighs
- 1/4 cup pesto
- 1/4 cup fresh lemon juice
- 1 small, round head radicchio Fresh basil (optional) Parmesan Cream Sauce
- 1. Cut chicken into 1-inch cubes. Set a resealable plastic bag in a shallow dish. In the bag, combine pesto, lemon juice, 1 Tbsp. olive oil, and ½ tsp. each salt and black pepper. Add chicken, seal, and turn to coat; refrigerate 4 to 8 hours.
- 2. Cut radicchio into eight wedges, then cut each wedge crosswise in half so each piece is about 1½ to 2 inches across and ¾ inch thick. If using wood skewers, soak them in water at least

# Chicken. Mache Knew blanet Moudabe so delicious?

**Do Good.** Pick the carbon-reduced real chicken on a mission to fight food waste and combat climate change from your kitchen. Find us in the poultry aisle and at DoGoodChicken.com.





30 minutes before grilling. Thread two pieces of radicchio on each of eight 10- to 12-inch skewers. Drizzle with 1 Tbsp. olive oil and sprinkle with ¼ tsp. each salt and pepper.

- **3.** Remove chicken from marinade, reserving marinade. Add marinated chicken pieces to the skewers.
- **4.** Preheat an outdoor grill to medium (350°F to 400°F); brush cooking grates clean and lightly oil. (Or set a grill pan over medium-high and brush with oil.)
- **5.** Grill 8 to 10 minutes, occasionally brushing with reserved marinade before turning skewers over halfway through, until chicken is fully cooked (165°F) and radicchio is charred. If you like, top with fresh basil. Serve with warm Parmesan Cream Sauce for dipping. Serves 4.

PARMESAN CREAM SAUCE In a small saucepan bring 1 cup heavy cream and 2 smashed garlic cloves to a boil over medium. Reduce heat and simmer until thickened and reduced to 3/4 cup, about 12 minutes. Remove from heat; remove garlic and discard. Add 1/2 cup grated Parmesan cheese and 1/4 tsp. black pepper, stirring until cheese is fully melted. If the sauce cools and firms before serving, gently rewarm over low heat. Makes 3/4 cup sauce.

PER SERVING 492 cal, 32 g fat (12 g sat fat), 175 mg chol, 786 mg sodium, 6 g carb, 1 g fiber, 1 g sugars, 43 g pro

### CHIMICHURRI GRILLERS

HANDS-ON TIME 30 min. TOTAL TIME 4 hr. 30 min.

- 1 small yellow onion, chopped
- 8 garlic cloves, halved
- ½ cup orange juice
- ⅓ cup lime juice
- 1/2 cup olive oil
- 1/2 lb. beef sirloin steak, cut into 1-inch pieces
- 12 oz. boneless skinless chicken breasts or thighs, cut into 1-inch pieces
- 16 button mushrooms, stems trimmed
- 1 green bell pepper, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces

- 8 oz. smoked linguica or other spicy smoked sausage (3 links), cut on the bias into 1-inch chunks

  Chimichurri
- 1. In a food processor combine yellow onion, garlic, orange juice, lime juice, olive oil, ½ tsp. salt, and 1 tsp. black pepper and puree. Pour ¾ cup marinade into a medium container or resealable plastic bag and add steak and chicken cubes. Toss to coat, cover or seal, and refrigerate 4 to 8 hours.
- 2. One to 2 hours before grilling, combine mushrooms, bell peppers, and red onion in a bowl and pour remaining marinade over vegetables to coat separately. Be gentle while mixing to avoid breaking up onion pieces.
- **3.** If using wood skewers, soak them in water at least 30 minutes before grilling. Thread twelve 10- to 12-inch skewers with alternating pieces of steak, peppers, chicken, mushrooms, onion, and sausage.
- **4.** Preheat an outdoor grill to medium (350°F to 400°F); brush cooking grates clean and lightly oil. (Or set a grill pan over medium-high and brush with oil.) Grill skewers 10 to 12 minutes, turning over halfway through, until chicken is no longer pink (165°F). Serve with Chimichurri. Serves 6.

CHIMICHURRI In a medium bowl combine 1/3 cup chopped fresh flat-leaf parsley, 1 Tbsp. chopped fresh oregano, 1 minced shallot, 1/3 cup extra virgin olive oil, 3 Tbsp. red wine vinegar, 1 pinch crushed red pepper, 1 tsp. salt, and 1/2 tsp. black pepper. Makes 2/3 cup.

PER SERVING 425 cal, 31 g fat (8 g sat fat), 90 mg chol, 797 mg sodium, 10 g carb, 2 g fiber, 5 g sugars, 27 g pro

### RED CURRY TOFU SKEWERS

HANDS-ON TIME 40 min. TOTAL TIME 2 hr. 40 min.

- 1 14- to 16-oz. block firm tofu (not silken)
- 1/4 cup unsweetened coconut milk
- 1/4 cup low-sodium soy sauce
- 2 Tbsp. Thai red curry paste
- 1 Tbsp. fish sauce

- large garlic cloves, minced
- Tbsp. grated ginger
  Zest and juice of 1 lime
- Japanese eggplant, cut in half lengthwise and sliced into 3/4-inch-thick pieces
- 16 button mushrooms, stems trimmed
- 1 red bell pepper, cut into 2-inch pieces
  Peanut Sauce
  Sriracha (optional)

Coconut Rice (optional)

- 1. Cut tofu into slabs about ¾ inch thick and arrange in an even layer on a clean dish towel. Cover with another clean dish towel; place a cutting board on top. Set a few heavy items on the board to press moisture out of the tofu. Let stand 30 minutes; cut tofu into cubes.
- 2. In a large bowl combine coconut milk, soy sauce, curry paste, fish sauce, garlic, ginger, lime zest, and lime juice.
  Set aside 1 Tbsp. of marinade for Peanut Sauce. Pour half the marinade over tofu; toss to combine. Allow to marinate at least 1 hour or overnight.
- **3.** Add eggplant, mushrooms, and red bell pepper to remaining half of the marinade and toss until evenly coated. Marinate in refrigerator 1 to 2 hours.
- **4.** If using wood skewers, soak them in water at least 30 minutes before grilling. Thread eight 10- to 12-inch skewers with mushrooms, tofu, eggplant, and bell pepper pieces.
- **5.** Preheat an outdoor grill to medium (350°F to 400°F); brush cooking grates clean and lightly oil. (Or set a grill pan over medium-high and brush with oil.) Grill skewers 12 to 15 minutes, turning halfway through, until the vegetables are tender. Serve with Peanut Sauce and, if you like, sriracha and Coconut Rice. Serves 4.

PEANUT SAUCE In a medium bowl mix 1/2 cup natural peanut butter, 1/4 cup unsweetened coconut milk, 2 Tbsp. low-sodium soy sauce, 1 Tbsp. reserved tofu marinade, 1 Tbsp. fish sauce, 2 tsp. brown sugar (omit if using peanut butter that contains sweetener), and 1 Tbsp. water. Add more water to thin mixture if necessary. Makes about 1 cup.



**PURE IRISH BUTTER** Net Wt. 8 OZ (227 g)

Net Wt. 7 OZ (198 g)

GRAZE ON THE LUSH PASTURES OF IRELAND.



PER SERVING 173 cal, 10 g fat (2 g sat fat), 238 mg sodium, 9 g carb, 4 g fiber, 5 g sugars, 16 g pro

**COCONUT RICE** Place 1 cup long grain white rice in a fine-mesh sieve. Rinse with cold water. Place in a 2-qt. saucepan. Stir in 1 cup unsweetened coconut milk, 1 cup water, and ½ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, 15 minutes. Remove from heat. Let stand 10 minutes. Makes 2 cups.

### SWEET & SPICY PORK KABOBS

HANDS-ON TIME 30 min. TOTAL TIME 4 hr. 30 min.

- 2 lb. pork tenderloin
- 6 Tbsp. low-sodium soy sauce
- 1/2 cup Jufran Banana Sauce\*
- ¼ cup lemon-lime soda
- 2 Tbsp. packed brown sugar
- 2 Tbsp. fresh lemon juice
- 1 large garlic clove, grated
- 2 Thai chiles, minced
- ½ cup apple cider vinegar Steamed rice (optional) Pickled Papaya Relish (optional)
- 1. Cut pork into 1-inch cubes. In a large bowl combine 4 Tbsp. of the soy sauce, ¼ cup of the banana sauce, the lemon-lime soda, brown sugar, lemon juice, garlic, chiles, and ¼ tsp. each salt and black pepper. Add pork and toss to coat. Cover; marinate in refrigerator 4 hours to overnight.
- 2. Meanwhile, in a small bowl combine remaining ¼ cup banana sauce, the vinegar, and remaining 2 Tbsp. soy sauce. Set aside ¼ cup for glaze during cooking; reserve the rest for serving.
- **3.** Remove pork from the refrigerator about 30 minutes before grilling. Thread eight 10- to 12-inch skewers with pork. (If using wood skewers, soak them in water at least 30 minutes before adding meat.)
- **4.** Preheat an outdoor grill to medium (350°F to 400°F); brush cooking grates clean and lightly oil. Grill skewers, on a covered grill, 10 minutes until done (145°F), turning and brushing cooked sides with glaze halfway through grilling. If you like, serve with steamed rice and

Pickled Papaya Relish; drizzle with reserved glaze. Serves 4.

PER SERVING 297 cal, 4 g fat (1 g sat fat), 140 mg chol, 1,052 mg sodium, 13 g carb, 11 g sugars, 47 g pro

\*TIP Jufran Banana Sauce is a popular Filipino alternative to ketchup that's fruitier and tangier than traditional ketchup. If you can't find it, mix together 1/4 cup ketchup, 2 Tbsp. brown sugar, 2 Tbsp. lemon juice, and 1 Tbsp. mashed very ripe banana. Use as directed in recipe. Makes 1/2 cup.

PICKLED PAPAYA RELISH In a large bowl combine 2 cups grated fresh green papaya with 2 Tbsp. salt. Let stand 1 hour. Drain papaya, discarding liquid, and rinse thoroughly. Place papaya in center of a large piece of cheesecloth and squeeze to drain as much liquid as possible. In a clean bowl combine papaya, ¼ cup sliced carrot, ½ cup red pepper strips, 2 Tbsp. thinly sliced fresh ginger, and 1 sliced jalapeño pepper. In a small saucepan combine ½ cup white vinegar, ½ cup water, and ½ cup sugar. Bring to boiling; reduce heat and simmer, uncovered, 5 minutes. Pour vinegar mixture over papaya mixture. Cover; refrigerate at least 24 hours.



Then & NOW

This June cover
from 1965 made us
want to fire up
the grill and create
new recipes with
fresh flavors. Now
it's your turn
to start the coals!

Store in the refrigerator up to 1 week. Makes 2 cups.

### KOFTA KABOBS

HANDS-ON TIME 30 min. TOTAL TIME 1 hr. 30 min.

- 6 oz. shiitake mushrooms, stemmed
- 1 cup packed flat-leaf parsley leaves
- 1/2 cup packed fresh cilantro leaves
- ½ cup onion, cut into chunks
- 3 large garlic cloves
- 2 green onions, cut into chunks
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1/4 to 1/2 tsp. cayenne pepper
- ½ lb. ground lamb
- ½ lb. ground beef

Mint, Carrot, and Cucumber Cacik

- 1. Place mushrooms in a food processor and pulse until chopped. Heat 2 tsp. olive oil in a large skillet over mediumhigh. Add mushrooms; cook, stirring occasionally, until tender, about 3 minutes (you should have about ½ cup). Return to food processor.
- 2. Add parsley, cilantro, onion, garlic, green onions, cumin, coriander, cayenne, 1½ tsp. salt, and ½ tsp. ground black pepper. Pulse until mixture is very finely chopped. Add lamb and beef; pulse until evenly mixed. Chill mixture at least 30 minutes or up to overnight.
- **3.** Preheat an outdoor grill to medium (350°F to 400°F); brush cooking grates clean and lightly oil. (Or set a grill pan over medium-high and brush with oil.)
- 4. Divide meat mixture into eight 3-oz. portions. Shape each portion around a flat metal 8- to 9-inch skewer (this helps meat adhere to skewer), forming oval patties about 1½ inches thick. (If using wood skewers, use two skewers per kofta, spaced ½ inch apart. Soak in

water at least 30 minutes before shaping meat onto skewers.)
Grill skewers on a covered grill over direct heat about 8 minutes until meat is fully cooked (160°F), turning once halfway through.
Serve with Mint, Carrot, and Cucumber Cacik. Serves 4.

MINT, CARROT, AND CUCUMBER

CACIK Peel ½ of an English or

Persian cucumber. Cut in half

# TURN WHAT YOU HAY E



MAKE TASTE, NOT WASTE.



WE'RE ON THE SIDE OF FOOD



### ENSURE® COMPLETE



\* Vitamins C & E and selenium.

Use as part of a healthy diet.

©2021 Abbott 20218824/August 2021

LITHO IN USA

### cookbook

lengthwise; scoop out seeds. Shred on large holes of a grater or finely chop (about 1 cup). In a medium bowl combine cucumber, 1 cup plain Greek yogurt, 1/3 cup shredded carrot, 2 Tbsp. each chopped fresh mint and cilantro, 1/2 tsp. lemon zest, 1 Tbsp. lemon juice, 1 tsp. ground cumin, 1/2 tsp. salt, and 1/4 tsp. ground black pepper. Cover; chill at least 1 hour. Makes 12/3 cups.

PER SERVING 378 cal, 25 g fat (10 g sat fat), 85 mg chol, 1,276 mg sodium, 12 g carb, 3 g fiber, 5 g sugars, 27 g pro

### RECIPES FROM PAGE 82 HASHIT OUT

# SPINACH & BACON HASH WITH TOMATILLO SAUCE

To make a speedy version of this hash, serve with guacamole instead of the Tomatillo Sauce (skip Step 1 and omit zucchini, tomatillos, jalapeño, cilantro, and sour cream).

HANDS-ON TIME 25 min.
TOTAL TIME 40 min.

- 1 small zucchini, halved and chopped
- 3 fresh tomatillos, husked, rinsed, and chopped
- 1/2 jalapeño pepper, stemmed and seeded
- 2 Tbsp. fresh cilantro leaves
- 3 garlic cloves, minced
- 2 Tbsp. sour cream
- 6 slices bacon
- Ib. small Yukon gold potatoes, quartered
- 2 bell peppers, chopped
- 1 medium onion, chopped
- 4 cups baby spinach
- 1. For sauce, place zucchini, tomatillos, and jalapeño in a large heatproof bowl. Pour boiling water over vegetables to cover. Cover bowl; let stand 10 minutes. Drain zucchini mixture. Place in a blender with 2 Tbsp. vegetable oil, the cilantro, one-third of the garlic, and ¼ tsp. each salt and black pepper. Cover and blend until smooth. Add sour cream and blend just until combined.
- 2. For hash, in an extra-large skillet

cook bacon over medium until browned and crisp. Remove to paper towels to drain, reserving drippings in pan. Return pan to heat. Add potatoes, bell peppers, onion, remaining garlic, ½ tsp. salt, and ¼ tsp. black pepper. Cook 15 minutes or until potatoes are browned and tender, stirring occasionally. Add spinach; stir and cover to wilt spinach.

3. Serve hash topped with bacon and drizzled with sauce. Serves 4. PER SERVING 428 cal, 30 g fat (9 g sat fat), 41 mg chol, 901 mg sodium, 30 g carb, 5 g fiber, 7 g sugars, 12 g pro **VEGGIE-SWEET POTATO HASH Heat** 3 Tbsp. vegetable oil in a very large skillet. Add 1 lb. sweet potatoes, cut into 1-inch cubes; 1 bulb fennel, trimmed, quartered, and cut into 1-inch cubes; 2 garlic cloves, minced; ½ tsp. salt; and 1/4 tsp. black pepper. Cook 10 minutes. Add 2 apples, cored and cut into 1-inch chunks. Cook 5 minutes more or until potatoes are browned and tender, stirring occasionally. Stir in 4 cups chopped, stemmed kale, 1 cup whole kernel corn, and 1/4 cup apple cider vinegar. Cook and stir 2 minutes more to wilt kale. If you like, top with poached eggs.\* Serves 4. \*TIP: Poach eggs in 4 cups simmering water and 1 Tbsp. vinegar 3 to 5 minutes or until whites are set.

### SWEEPSTAKES RUIFS

18 g sugars, 5 g pro ■

PER SERVING 289 cal, 12 g fat (1 g sat

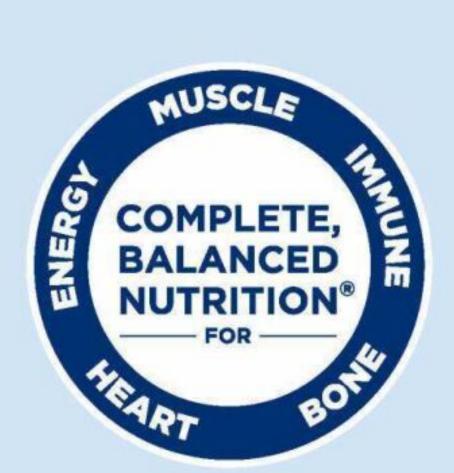
fat), 395 mg sodium, 46 g carb, 9 g fiber,

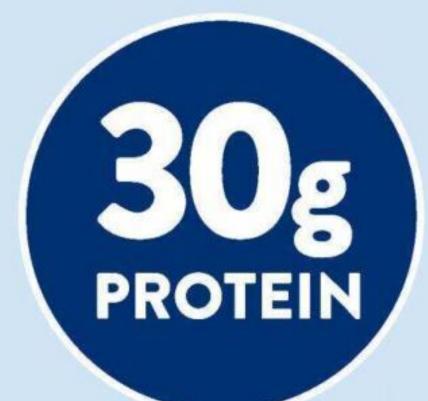
### DAILY SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules at BHG.com/Sweepstakes/Daily/. There will be one Daily Giveaway Sweepstakes per day. Entries must be received by 11:59 p.m. EDT, each day. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per email address per day. Online entry only. Void where prohibited. Sponsor: Meredith Operations Corporation.

# ENSURE® COMPLETE

WITH COMPLETE, BALANCED NUTRITION®, 30 GRAMS OF PROTEIN, AND NUTRIENTS TO SUPPORT IMMUNE HEALTH





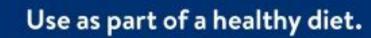




Available in 3 delicious flavors: Milk Chocolate, Vanilla, and Strawberry

\$3 INSTANT COUPON! ensure.com/instantcoupon





\* Vitamins C & E and selenium.

+ Contains 8g of total fat per 10-fl-oz serving.

© 2021 Abbott 20217430/April 2021 LITHO IN USA



That's how many extra minutes of sleep you're likely to get each night by adding resistance training to your workout routine.

In new research from Iowa State University, people who worked out three times a week for 60 minutes logged 40 minutes more sleep a night than those who didn't exercise at all. Resistance training fatigues muscles, which may encourage a better night's rest.

Scientists studied three common houseplants in a chamber filled with the same amount of exhaust that would be in an office building next to a busy road.

They found the plants filtered as much as

of the nitrogen dioxide out of the air.

So spring for a plant! For guidance on the best options for your space, check out a free app like Florish or Blossom.

Victims lost \$547 million to online dating scams in 2021.

### THAT'S UP FROM **\$307 MILLION** IN 2020.

A big red flag is any person asking for money or favors. It's also a good idea to search names of potential dates and cross-check their photo and location.

National Pet Fire Safety Day is July 15.

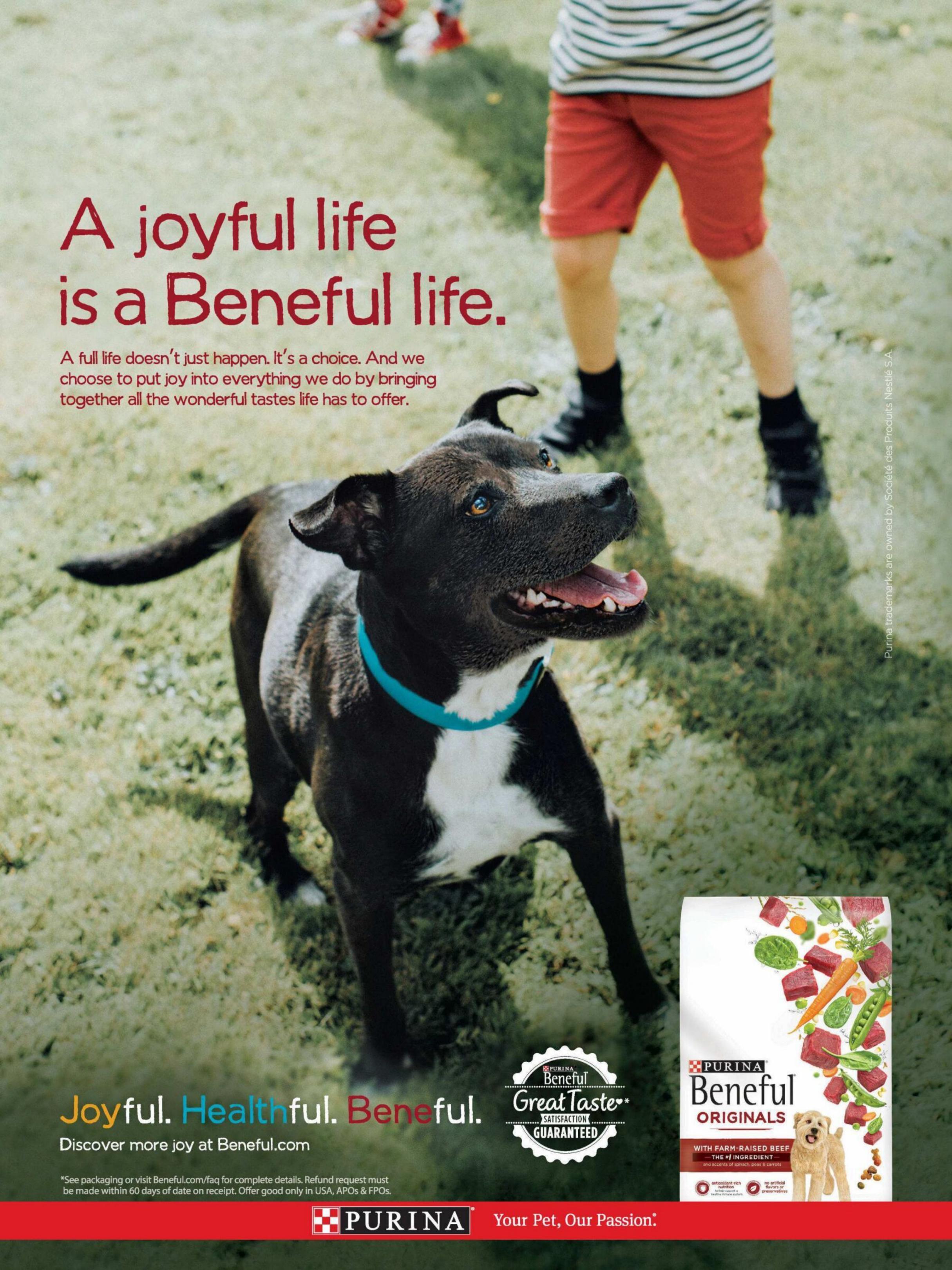
> Remember to include pets in your fire escape plans and routes. Each year, an estimated 40,000 pets die in house fires,

with 1,000 fires started by pets—such as a curious cat knocking over a candle. Set up a fire evacuation plan and assign each family member a pet to look out for. Also place an alert sticker on a front window to tell firefighters how many pets they should rescue in case of

emergency.

AMERICAN FAMILIES ARE SPENDING, ON AVERAGE, \$296 MORE A MONTH BECAUSE OF INFLATION.

Consumer prices jumped 8 percent from February 2021 to 2022. Track weekly expenses and map a budget. One easy way to cut back: Skip the to-go coffee—Americans spend about \$92 a month on it. You also can save 10 to 30 percent on your grocery bill by buying store or generic brands. ■



# Test Your Swim Skills

Before you
take a dip in the
pool, lake,
river, or ocean,
brush up on
your water safety
knowledge.

You see someone in the pool with the water up to their mouth, very still and silent. They're not splashing around, so you figure they're:

- A Getting over a muscle cramp
- **B** Meditating
- **C** Drowning

Which water is OK to swallow?

- A Pool
- **B** Lake, stream, river
- C None of the above

If you get caught in a rip current that's pulling you out to sea, you should:

- A Swim right to shore
- **B** Swim parallel to shore until you're away from the current
- C Face the shore and wave for help

Which of these is NOT a good safety device?

- A Water wings/ floaties
- **B** Swim raft/ring
- C Pool noodle
- **D** All of the above

What is the recommended time to wait between eating and swimming?

- A 15 minutes
- **B** 30 minutes
- C An hour
- **D** No waiting required

Not realizing
how much
you sweat while
you swim
means higher
risk of
dehydration.

Who does NOT need to wear a life vest on a boat?

- A Adults who can swim
- **B** Children who can swim
- C Dogs
- **D** There are no exceptions

Which is the LEAST safest way to enter a body of water?

- ▲ Tiptoe in from a shallow area
- **B** Headfirst, arms above your head or at your sides
- C Feet first

HOW TO SCORE Tally how many correct answers you got and turn the page to find out how to keep yourself and your family safe in the water.

ANSWER KEYLC 2.C 3.B 4.D 5.D 6.D 7.B







### **INTIMATE SKIN SERUM**

Hydrates, smooths & softens delicate intimate skin

- After showering
- Before bed
- After grooming



### **LUXURIOUS WASH**

Gently cleanses and provides long-lasting freshness

9 out of 10 women agree NEW Summer's Eve® Spa Wash pampers your intimate skin







### HERE'S WHY

C "Drowning is a silent event," says David Zavala, CHES, health educator at Children's Health of Orange County, California. If our lungs don't have enough air to breathe, we can't yell for help. If someone is still or silent, has her head tilted back with her mouth open and/or has her head low with water up to her mouth, or is floating face down, offer help ASAP.

2: C Swallowing a bit of water isn't terrible, but try not to; fungi and bacteria are in lakes, rivers,

and streams, and pool water has chemicals.

**B** If you get caught in a rip current, stay calm. Swim parallel to the beach until you're out of the rip current—then head to shore.

The best safe flotation device is a life vest designed for that purpose.

There's no need to wait before getting in the water after eating.

6: D In 2020, 86% of drowning victims in boating accidents weren't wearing a life vest.

7: B Because there are many unseen hazards—shallow depth, rocks, stumps, logs, etc.—save headfirst entry for spots marked safe for diving.

# YOUR SWIMREADY RATING

**SCORE:** 6-7 correct answers

# In the swim

It's as if you breathe water safety. You likely know that drowning people don't typically wave and shout for help, and you'd never get on a boat without a life vest. Build on your knowledge with resources such as the National Weather Service (weather.gov) and its photos, videos, and local forecasts for identifying rip currents so you can avoid them.

#### SCORE: 3-5 correct answers

### Head above water

You know enough basics to stay afloat. But learning

the finer points of safety will help you hold your own in the water. To keep yourself and others safe, follow these basic rules: Go with a buddy, don't drink and dive, and in case of thunder and lightning, seek shelter.

**KEEP GUARD** 

In the water,

stay within an

arm's length

of kids under 5,

even if they

can swim.

### SCORE:

0-2 correct answers

### Out to sea

Your knowledge could use some reinforcement. A couple of good places for info: The U.S. Forest Service has water safety dos and don'ts for waterfalls, rivers, lakes, and beaches (fs.usda.gov); Safe Kids Worldwide has guides for pools and boating (safekids.org). And it's best to always look for lifeguards on duty.





# eat to hydrate

Fruits and vegetables are a delicious way to get the H<sub>2</sub>O you need this summer. Put these on your next shopping list.



### STRAWBERRIES

92% water;
1 cup (sliced) = 5.1 fl. oz.
Of all the berries,
strawberries have the
highest water content.
One cup also yields
more than 100% of your
daily dose of vitamin C
and 3 g fiber.

PEACHES 88% water;

1 medium = 4.7 fl. oz.

These are a significant source of potassium, an electrolyte that needs replenishing when you're sweating.

APPLES 84% water;
I medium = 4.7 fl. oz.
They're an excellent source of antioxidants that support brain and heart health and help protect against cancer.

TOMATOES 94% water; 1 medium = 4 fl. oz. They're a good source of heart-healthy lycopene, potassium, and vitamin C.

### **BELL PEPPERS**

92% water;
1 medium = 3.8 fl. oz.
All bell peppers have
fiber and potassium. Red
and orange peppers
also have vitamin C.

**ZUCCHINI** 94% water; 1 cup (sliced) = 3.6 fl. oz. Zucchini have lutein and zeaxanthin, two carotenoids key to healthy eyes.

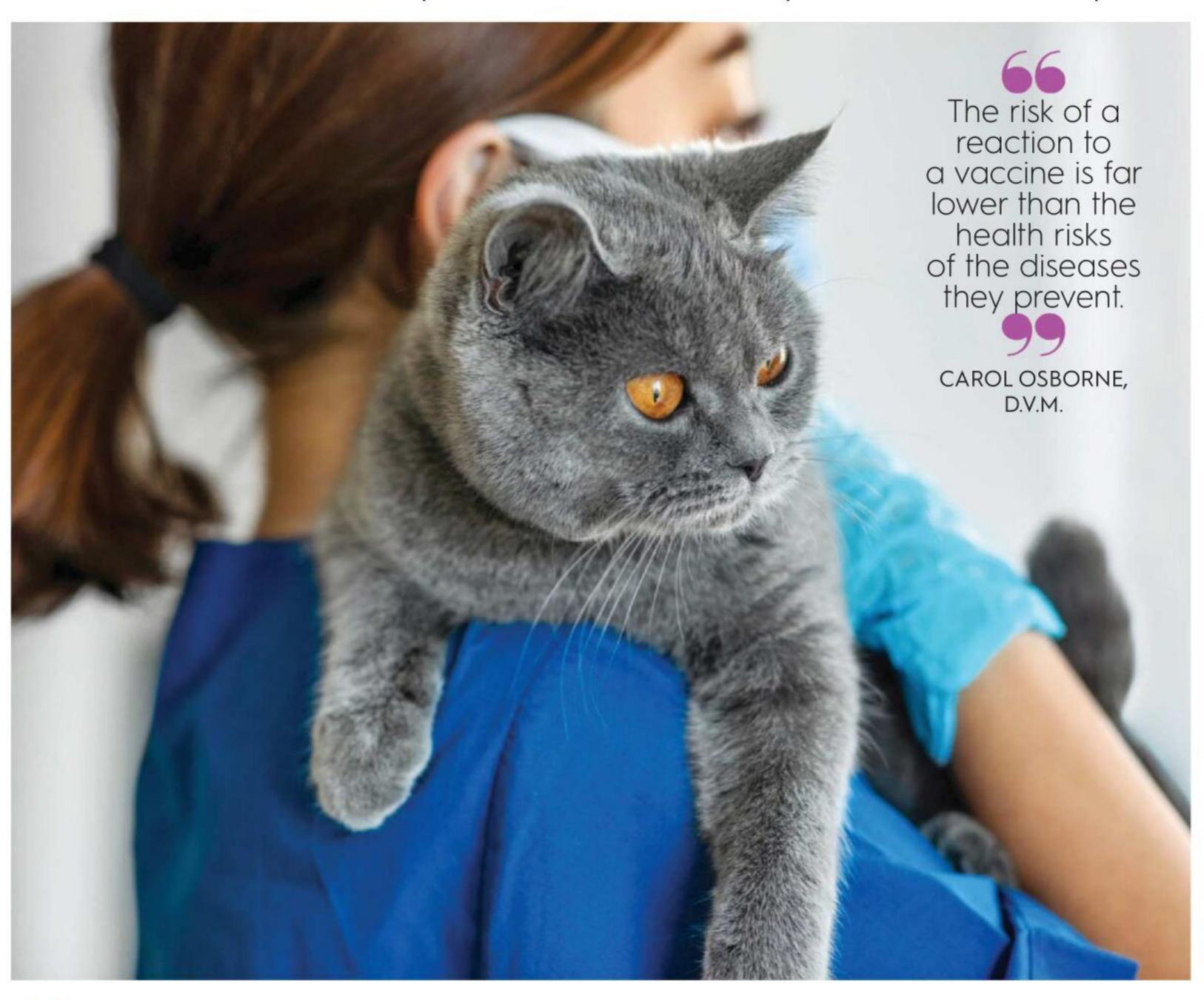
SO NOTE LETTUCE Iceberg is not only high in water (1 cup shredded has 1.2 fl. oz.), but it's also a source of vitamins A and K. Darker greens like kale are more difficult to digest so you won't get as much H<sub>2</sub>O from them. CELERY One medium stalk has 1.3 fl. oz. of water and more fiber than celery juice. CANTALOUPE The orange shade means cantaloupe is high in beta-carotene, which your body turns into vitamin A. WATERMELON One cup of diced melon has 4.7 fl. oz. of water plus magnesium and lycopene.





# protect your pets

Vaccines are crucial to helping your cat or dog live a long, healthy life. We answer key Qs and clear up misconceptions.



Should my dog get the Lyme disease vaccine?

It depends, says Carol Osborne, D.V.M., an integrative veterinarian at Chagrin Falls Pet Clinic in Ohio. "The Lyme vaccine gives some protection to dogs in areas with heavy tick infestations," she says. The Northeast is a high-risk area, as are the mid-Atlantic states and upper Midwest. But the tick population is spreading from the Eastern part

of the country to the West, so endemic areas are always changing. Have a conversation with your vet annually about whether to get the shot as well as how to best prevent tick bites in the first place.

My dog goes to day care. Does he need additional vaccines?

➤ Yes. The Bordetella vaccine protects against the most common virus that causes kennel cough—a group of

highly contagious respiratory illnesses that cause coughing and can lead to dangerous secondary infections in dogs. It's spread easily via aerosol droplets, direct contact, or contact with contaminated surfaces (like water bowls). "I recommend the Bordetella vaccine if your dog goes to the dog park, groomer, or a boarding facility," says Albert Ahn, D.V.M., a veterinarian at Orangetown Animal Hospital in Blauvelt, NY. Also note that kennel cough has become so

common that dogs can catch it passing each other on the sidewalk.

If my cat is indoors, does she really need shots?

In many places, a rabies shot is required, so most definitely. You never know when Kitty will sneak out of the house, and it is possible to bring viruses home on your clothes, shoes, and hands. For all cats, Ahn also recommends the feline herpesvirus as well as the feline leukemia vaccine, since this fatal disease is so common.

### THE MUSTS

#### **RABIES**

This is given to cats and dogs yearly or every three years depending on the formula. "Rabies is 100 percent fatal," Ahn says.

#### **DISTEMPER**

A virus that attacks the respiratory, gastrointestinal, and nervous systems, and it can cause brain damage in cats and dogs.

### **PARYOVIRUS**

Dogs get this shot as puppies then every three years. Parvo is very contagious and leads to severe gastrointestinal symptoms.

### CANINE ADENOVIRUS TYPES 1 & 2

Type 1 causes canine hepatitis; type 2 is one of the bugs that causes kennel cough.

### FELINE HERPESVIRUS

This virus causes
viral rhinotracheitis,
a highly contagious
respiratory
condition for cats.

### **CALICIVIRUS**

Calicivirus is a very contagious infection of the upper respiratory tract in cats.



# HEALTH IS LIFE'S FOUNDATION

### SUPPORT YOUR KITTEN AT EVERY STAGE





Each stage of kittenhood brings something new. In the beginning, they'll sleep. A lot. But before you know it, they'll be exploring the whole world around them. From the start, Royal Canin's Kitten Growth Program supports your kitten's development to help create the foundation to a healthy life.



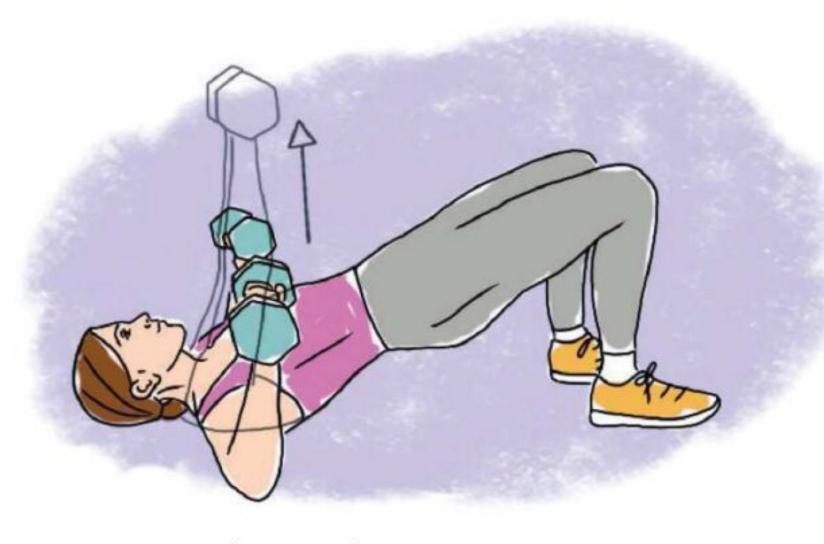
Scan the QR code to learn more.



# strong&lean

Resistance training keeps your body healthy.

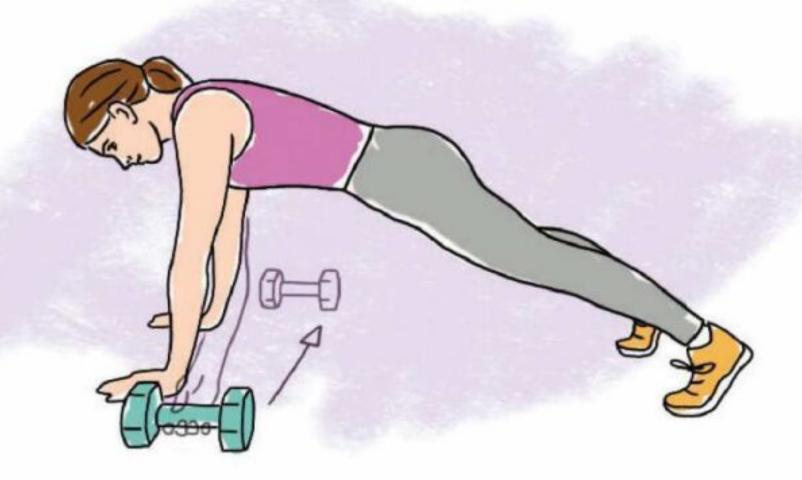
And it's easy to do at home—so no excuses! This 20-minute routine works all your major muscles.



### bridge press

#### WORKS SHOULDERS, CHEST, CORE, GLUTES

Lie face up, knees bent, feet hip-width apart, a weight in each hand, elbows on the floor.
 Squeeze glutes as you lift your pelvis; stay in bridge position as you raise the weights directly above your shoulders, then lower them to your chest for 10-12 reps.



### plank pull-through

### WORKS BACK, HIPS, CORE, CHEST

1 Start in a push-up position with a weight a few inches away from the outside of your left hand. 2 Reach right arm under left to grab dumbbell and set it to your right.

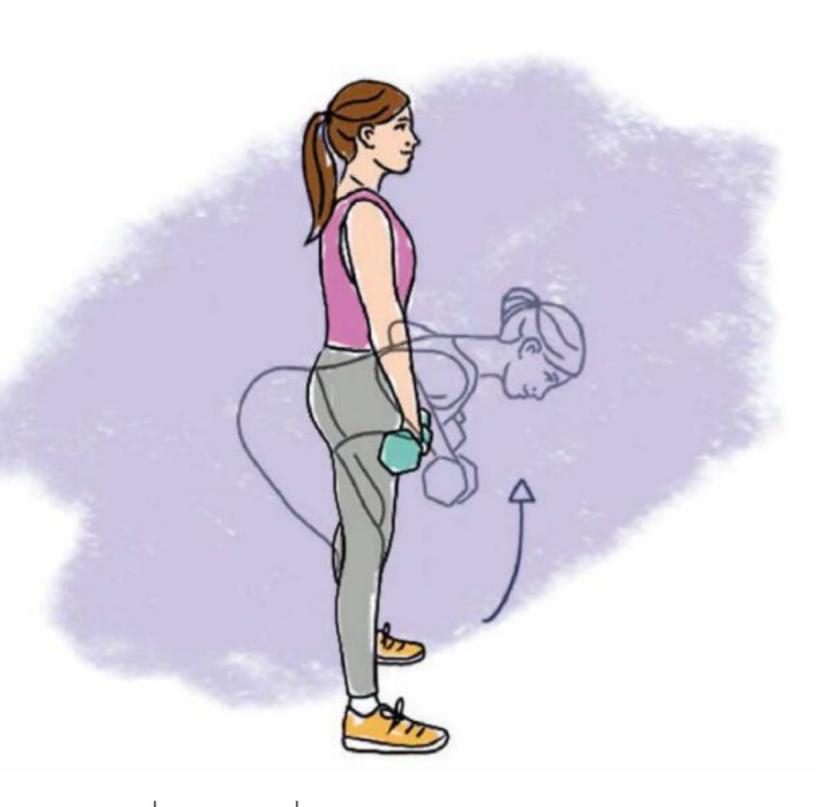
Alternate sides for 20 reps.



### lateral to reverse lunge

### WORKS GLUTES, THIGHS; IMPROVES BALANCE

1 Stand with feet shoulder-width apart,
holding weights at sides. 2 Take a wide step to right,
bending right knee and lowering weights in
front of you. 3 Push off right foot to step back to
the start position. 4 Holding weights at sides,
step right foot behind you into a lunge, bending left
knee 90 degrees. Return to start. That's one rep.
Do 10–12. Switch sides; repeat.



# bent-over row & dead lift

### WORKS BACK, CORE, GLUTES, HAMSTRINGS

1 With feet hip-width apart, holding weights in front of thighs, bend at the waist until torso is parallel to the floor.
2 Lift weights toward your rib cage, then lower them and return to start. Do 10-12 reps.

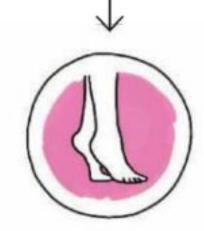
### WHAT YOU'LL GAIN

Do this workout three times a week to build:



STRENGTH You'll be better able to

lift heavy items with less discomfort.



BALANCE

A strong core means less risk of falling and getting injured.



More muscle means a higher

metabolism.



STRONG BONES

Strength training can help reduce your risk of osteoporosis.







## WET AGE-RELATED MACULAR DEGENERATION (WET AMD)

# KEEP LIVING LIFE THROUGH YOUR EYES

### TAKE CONTROL OF YOUR SIGHT WITH EYLEA

If Wet AMD has impacted your eyes—and how you see life—fight back with EYLEA.



EYLEA can help improve vision—which may help you read letters and see details more clearly



EYLEA helped maintain vision improvements for up to 4 years with continued treatments in a clinical study

### **INDICATIONS**

EYLEA® (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

### IMPORTANT SAFETY INFORMATION

EYLEA® (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.



**FDA-APPROVED** treatment in its class for patients with Wet AMD\*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

For additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Consumer Brief Summary on the adjacent page.

\*IQVIA Medical claims: Number of injections administered Q1 – Q4 2020; Data on File.



### **Consumer Brief Summary**

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

#### What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

### What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

### How is EYLEA given?

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

#### Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

### What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal detachment
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

### What are possible side effects of EYLEA?

### EYLEA can cause serious side effects, including

 See important safety information listed under "What is the most important information I should know about EYLEA?"

The most common side effects include

- Increased redness in the eye
- Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- Vitreous floaters
- Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

### What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregnant. It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you should be treated with EYLEA or breastfeed, but you should not do both

### How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required for a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine product).

### Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to your health care provider and see the full Prescribing Information at EYLEA.com.

### REGENERON

### Manufactured by:

Regeneron Pharmaceuticals, Inc. 777 Old Saw Mill River Road Tarrytown, NY 10591

EYLEA is a registered trademark of Regeneron Pharmaceuticals, Inc.

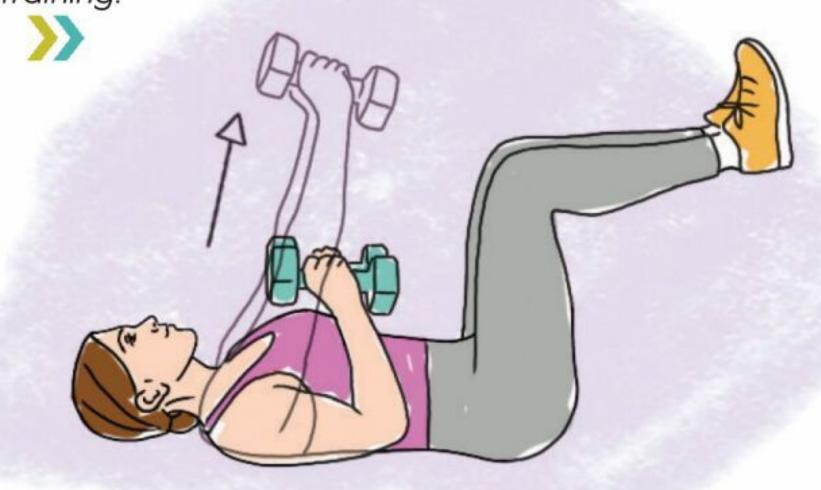
© 2020, Regeneron Pharmaceuticals, Inc. All rights reserved.

Issue Date: November 2020 Initial U.S. Approval: 2011

based on the August 2019 EYLEA® (aflibercept) injection full Prescribing information.



Start with 3- to 5-pound weights. The goal is to work your muscles without straining.



### close grip press

### **WORKS CHEST, TRICEPS, CORE, HIPS**

1 Lie with knees bent 90 degrees in line with hips; have a weight in each hand by your chest, elbows close to sides. 2 Lift weights, bringing them together at the top. 3 Keeping weights together, lower them back to the chest with control. Do 10–12 reps.



### sumo squat lift

### WORKS BICEPS, CORE, HAMSTRINGS

1 Stand with feet double shoulder-width apart, knees bent, toes pointed out slightly, holding weights between legs. 2 Stand up, lifting weights to shoulders then overhead. Return to start position and repeat for 10–12 reps. ■

July/August 2022 | BHG 139



SALE FIRE ELECTIONS APPLY

Go online to request your FREE PRODUCT CATALOG

GoDRpower.com

DR POWER EQUIPMENT

### latest project

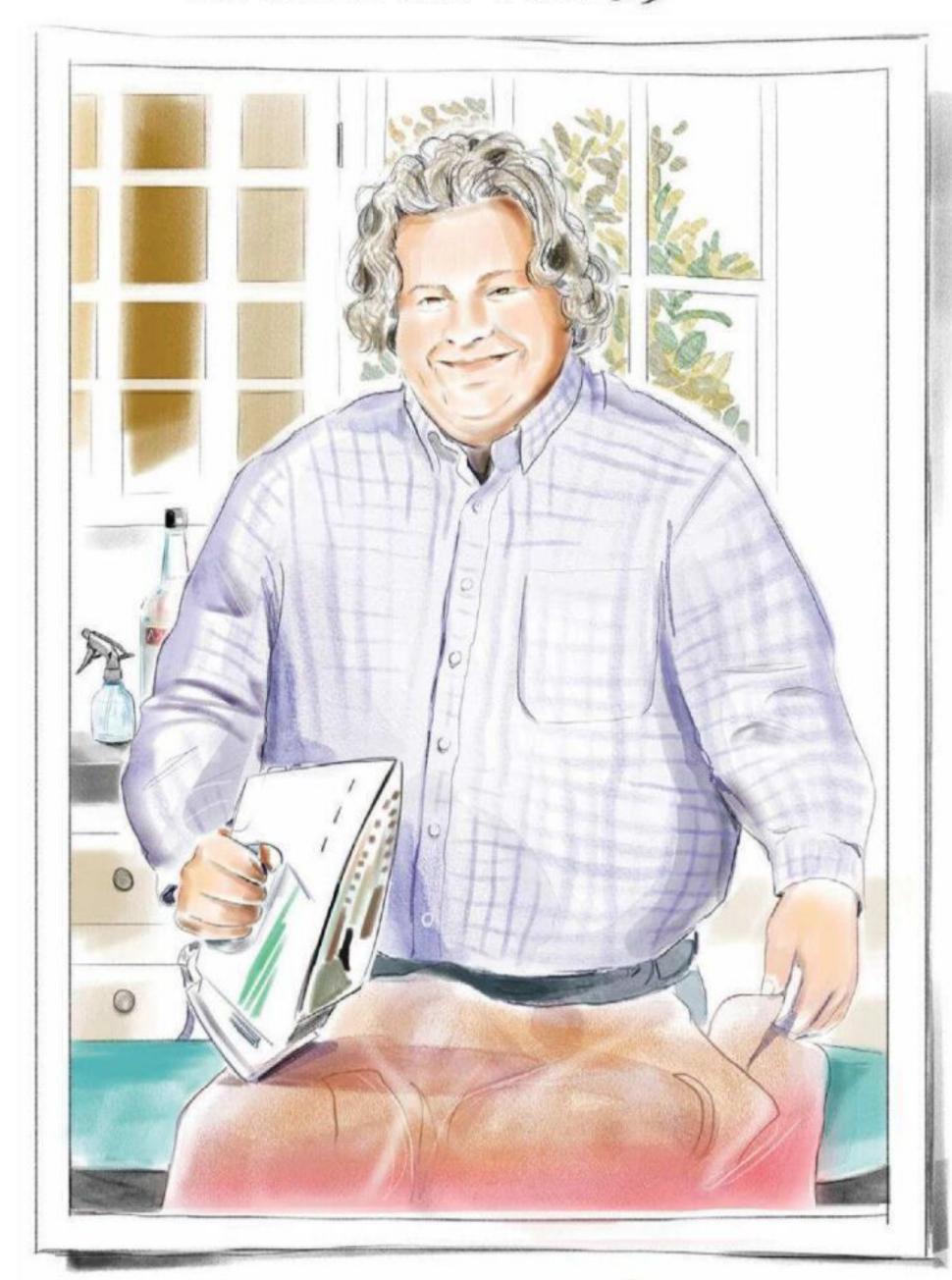
In his book, Laundry Love: Finding Joy in a Common Chore (\$26; flatiron books.com), Patric shares lessons passed down from his mother, grandmother, and professors from the University of Kentucky, where he studied merchandising apparel and textiles. "Knowing exactly how to care for textiles can transform laundry."



## a spritz for smells

For smelly clothes, Patric turns to vodka. "Fill a small spray bottle with vodka and spritz on clothes that smell like smoke, french fries, or your favorite restaurant with the bad ventilation. The alcohol kills bacteria and removes strong odors."

66 Wash everything in warm water and on the express cycle. It's kinder to your clothes and saves time and water.



# RICHARDSON

COMBINING A LOVE OF TEXTILES WITH **REAL-LIFE CLEANING STORIES TO** SIMPLIFY AND CELEBRATE LAUNDRY.

Patric's fascination with clothes care started as a toddler when he received a toy washing machine for Christmas. Thousands of loads later, the Minnesotan is known for his HGTV show, The Laundry Guy, and hosting laundry camps at Mona Williams, his vintage clothing store in the Mall of America. Patric shares his favorite tips.



## bags over baskets

Instead of a laundry hamper, Patric uses an extra-large canvas tote. "It's easier to maneuver up and down stairs, and they're washable." His pick: Boat and Tote bag, \$40; Ilbean.com.



### I can't do laundry without...

"Having a ball!" Actually, Patric keeps four types of balls in the laundry room. Three for the dryer: wool balls for light loads, tennis balls for comforters, wadded balls of aluminum foil for static electricity. Plus one disco ball just for fun.



### spot treatment

Patric removes tough stains with Fels-Naptha laundry soap bar (\$2 at grocery stores) and a small horsehair brush. "Horsehair actually

information, you can wash everything yourself - no dry cleaning needed.



# MEET THE #1 RETINOL BRAND USED MOST BY DERMS



Neutrogena #1 dermatologist recommended brand Brand Period Period